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# Honor Guard Carries on Tradition at Columbus

# COLUMBUS AIR FORCE BASE,

Miss. (AETCNS) -- He slowly brings up his hand to salute the deceased in a blue casket while family and friends dressed in black mourn their loss -- another hero has passed from this world.

Columbus Honor Guard members and the East Mississippi Community College mortuary class gathered outside the community center here Monday for a simulated funeral.

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# NEWS VIEWS

# AFA Child Care Offers Outstanding People, Outstanding Care

By James Lovely 10th Services Squadron Marketing

USAF ACADEMY, Colo. -- If you leave your child with a Family Child Care provider at the U.S. Air Force Academy, you can feel confident knowing your child is receiving the best care available.

Cheryl Jensen is one of the main reasons for that confidence. Jensen is the Family Child Care coordinator at the Academy and the program couldn't be in better hands.

"I'm a perfectionist. I drive myself to make sure everything is just the way it should be, especially with children," Jensen said. "I guess that is what people should know about me: my heart is with the children."

Her credentials are impeccable. She earned a bachelor's in elementary education from Minot State University and a master's in early childhood curriculum and instruction from Lesley College. She started in childcare working with children "in the rooms" in a child development center setting.

Jensen began her career as a NAF employee before entering civil service as a GS-5. While she worked her way up to her current GS-9 position, she took courses toward her college degrees and, along with her husband Chris, raised two children. They have an 18-year-old daughter, Kayla, and a 16-year-old son, Kyle.

"It took me 10 years to get my bachelor's degree because I was fitting it in around my husband and children," she said.

Jensen also knows the demands of raising children in a military household. Her husband Chris retired last year as a major after 22 years in the Air Force. The two met in Minot, N.D., Jensen's hometown, where Chris was a young airman on his first assignment.

"Child care has worked out well for me because regardless of which base we went to, I could take whatever position was open," Jensen said.

At the Academy for three years now, Jensen is responsible for finding Family Child Care providers and training them. She does some of the training herself and brings in specialists to teach topics such as medication, nutrition, safety and



Amy Heitman was selected U.S Air Force Academy Family Child Care Provider of the Year and MajCom FCC Provider of the Year for single-base commands for 2002. (Photos by James Lovely, 10SVS/SVK)



U.S Air Force Academy Family Child Care Provider of the Year Analisa McMillan, shown at her Academy home with the children for whom she provides care, was chosen MajCom FCC Provider of the Year for single-base commands for 2001. (Photos by James Lovely, 10SVS/SVK)

professionalism.

The training is top notch. Every Family Child Care provider receives at least 24 hours of instruction and is licensed before starting. Jensen monitors each provider and visits the home at least once a month to be sure they are in compliance with AF regulations. "We spend a lot of time and energy fostering their self confidence and their skills," she said.

That time and energy has paid off in the form of national and Air Force-wide recognition. Two of Jensen's providers are nationally accredited. The Academy Family Child Care Provider of the Year was chosen MajCom FCC Provider of the Year for single-base commands two consecutive years (Amy Heitman in 2001 and Analisa McMillan in 2002). Additionally, Academy Family Child Care provider Wanchalee Putnam was chosen by Scholastic as Family Child Care provider of the year for 2001-2002, and the Academy FCC program scored 98 percent on the Department of Defense annual inspection this year.

"Family Child Care is a great opportunity because you can stay at home with your own children and still contribute to the family income. You receive excellent training that transfers wherever you go. You also are contributing a great deal to the mission," she said. "It's very important for military members to have some place to take their children where they know the children will be happy and safe, so the parents can focus on getting the mission accomplished. The training helps you with your own children as well, and you get experience running a small business."

Other opportunities for childcare and providers through the FCC program include extended-duty care, childcare for volunteers and PCS programs, and off-base FCC providers.

Regardless of which type of Family Child Care program people use, Jensen wants people to feel at ease with their choice. "Some people feel more comfortable leaving their child in a child care center versus a child care home, but the Air Force regulations are so thorough and we demand such high quality, that they should feel comfortable leaving their child in the care of one of our providers."



Cheryl Jensen, Family Child Care coordinator at the U.S. Air Force Academy, left, interacts recently with children under the care of Academy Family Child Care provider Donna Yeates, center. (Photos by James Lovely, 10SVS/SVK)

# Nellis Membership Drive Gives Away a

By Ms. Monique Staskiewicz 99th Services Squadron

Nellis Air Force Base, Nev. -- Not only does the Club system provide members with reasonably priced food, discounted beverages, discount coupons and evening entertainment, Nellis Air Force Base members had a chance to drive off in a brand new car in their 2002 Club Membership Drive.

The Nov. 22 party provided members with free food, drink specials and a chance at some great prizes. Club members also enjoyed live Las Vegas entertainment from Soul Blind, magician Roger Lee and animal trainer "The Snake Babe."

The grand prize was a brand new 2003 Honda Civic. Other prizes included televisions, CD and DVD players, a computer and more.

At the party, 17 finalists were chosen to compete for the car. The finalists approached a sealed box and the suspense was high as members opened it to reveal their fate. The grand prize car winner was Lt. Col. David de Castro, Air Warfare Center director of staff.

"I was a little stunned, having never won anything in my life," said de Castro. "I'm very grateful to the car dealership, Shack-Findlay Honda, for providing such a generous gift."

According to Club officials, 291 people became Club members during the 2002 Nellis Membership Drive. This increase has facilitated many new programs.

"With increased membership, we are doing monthly free membership parties, lunches and breakfasts. We are also planning improvements to both Clubs," said Pete Marnach, 99th Services Squadron flight chief.

"Being a member definitely has its benefits," said David Morrill, Officers' Club manager. "We continuously try to offer our Nellis members new programs and discounts on and off base. We are high supporters of the Air Forces Members First Program."

"All in all, about \$20,000 in prizes was given to current members and new members of the Nellis Clubs," said Marnach. "Nellis definitely has had one of the best membership drives in the Air Force due to our sponsors participation.



Lt. Col. David de Castro, Air Warfare Center director of staff, sits in his new 2003 Honda Civic. He won the grand prize at Nellis 2002 Club Membership Drive on Nov 22.

# Snow Comes to Moody

Moody Air Force Base, Ga., -- Moody Air Force Base received 23 tons of snow, just in time for the annual Christmas tree lighting ceremony on Friday, December 6. Over 1500 Moody Air Force Base residents attended the evening's festivities. Santa and Mrs. Clause arrived via a fire truck at the end of holiday parade. A prayer of thanksgiving and blessing was led by Chaplain Gary Perry concluding with a yellow ribbon ceremony in honor of the deployed troops.

The Child Development and School Age children sang holiday greetings and best wishes to all gathered. Trudging through the snow Brig. Gen. John H. Folkerts shared a holiday greeting and threw the switch, which illuminated the 90-foot Christmas tree. The Moody residents continued to celebrate by visiting Mr. and Mrs. Clause in their Wonderland home for photos and treats, frolicking in the fluffy snow and chatting with friends and family over hot chocolate and goodies. The luminaries lighted the way as base residents strolling along Mitchell Boulevard viewed the squadron holiday cards. Twinkling eyes, laughter and good cheer was shared by those gathered from ages one to 92.







# Honorary White House Chef is Brooks New Club Manager

By Rudy Purificato 311th Human Systems Wing

Brooks Air Force Base, Texas -- Thanksgiving has special meaning to Al Southerland. He always gives thanks for his mother who taught him how to bake better than the Keebler elves. Southerland is so good in the kitchen, that this new Brooks Club manager was the favored White House 'chef' of Vice President and Mrs. Al Gore.

Born in the 'furniture capital' of America, High Point, N.C., where companies such as Henredon and neighboring Thomasville dominate the furniture-making market. Southerland learned early that he preferred baking pies to the unsavory chore of unloading boxcars filled with wood.

"My mother Mae taught me how to cook. She was an excellent cook, having learned from her mother and sisters," Southerland recalls about the hard-working woman who was the last-born in a family of 21 children.

Mae's home cooking, featuring such specialties as chicken and dumplings and cakes filled with pineapple and German chocolate, was so appealing to her youngest son that he appeased his growing appetite for good food by studying the culinary arts in high school.

"I wanted to eat. The all-male class was held right before lunch period," admits Southerland as he recalls his high school home economics class that primarily helped augment the diets of many an athlete.

So hungry was Southerland for any opportunity to eat that he worked part-time as a dishwasher in a restaurant whose name eerily predicted his future as a chef. "It was called the White House Café," he noted.

He later became a Sheraton Hotel waiter where he befriended the kitchen staff. "I did prep work on salads and dessert plates. I also learned basic fruit carving and (the art of) food 'presentation'," he said. He was subsequently promoted to 'banquet waiter' where he earned more money serving furniture executives than the meager wages he use to receive working with his father and brother in a furniture factory. "Splinters in the winter was not for me," Southerland mused about those sweaty days hauling raw furniture wood.

After graduating from high school in 1967, Southerland spent a year studying music at North Carolina A&T University until his money ran out. When the Army drafted him, Southerland contacted an Air Force recruiter with hopes of becoming a cook.



Brooks' new club manager Al Southerland shows off his official White House chef's apron complete with the presidential seal. Former Vice President Al Gore presented Southerland the apron during one of his many visits to the White House kitchen. Southerland became the unofficial personal chef for the Gores in the course of his many trips to Washington.

"They didn't care about my culinary skills. They needed jet engine mechanics," says Southerland, who eventually learned how to dodge mortar shells in Vietnam.

By 1971, Southerland savored eating midnight chow at the Royal Thai Udorn AB, nicknamed 'Gloryland.' "It was great," he said of the assignment there where he fell in love with chipped beef on toast, better known as 'S.O.S."

After his Air Force discharge in 1972, Southerland briefly toyed with a toy-manufacturing career. He then reenlisted in the Air Force and launched a new career. "Because I had hearing loss from jet engine noise, I cross-trained in club management." Said Southerland

Southerland earned the title of Air Force chef in 1987 after many years of training. That training began in earnest at the prestigious Culinary Institute of America in Poughkeepsie, N. Y., the largest school of its kind in the United States. Students who graduate from its two-year course have gone on to become executive chefs with average annual salaries range between \$150,000 and \$300,000.

"I first attended an eight-week basic culinary course there in 1977 where I learned how to make a variety of soups. In 1982, I spent six months there attending the advanced course where I learned ice carving and how to make sauces, desserts such as cherries jubilee and baked Alaska, and gourmet entrees like Beef and Pork Wellington and smoked salmon."

His reputation as a culinary expert eventually landed him cooking jobs for college alum, the Rev. Jesse Jackson. Then in 1995 while serving as club manager in the Azores, Southerland prepared lunch and dinner for then First Lady Hillary Clinton.

"For lunch, she had smoked salmon and my special spinach dip. Dinner included Beef Wellington, roasted vegetables and baked Alaska," he recalls. Clinton thanked Southerland, not knowing then that he would soon become a frequent guest chef at the White House.

"My godson Mark Faldoski was in charge of the vice president's vehicle fleet. Every time I visited the White House to see him, Al and Tipper Gore invited me to cook for them. They loved my spinach dip and smoked salmon."

During his dozen trips there Southerland became the unofficial personal chef of the Gores. He also prepared several lunches for Mrs. Clinton, but never cooked for President Clinton.

"Gore and I were on a first name basis. He called me Al and I called him Al."

On his fifth cooking stint there, the vice president presented Southerland with an official White House chef's apron featuring the Presidential Seal.

Yet, Southerland's most rewarding experience occurred at

Blytheville AFB, Ark. U.S. Rep. Bill Alexander so appreciated his cooking during his visits to the base, that when the congressman got married he took Southerland on his honeymoon as his personal chef.

The Brooks community has now become enamored with the gourmet delights that Southerland has introduced during special promotions at the Brooks Club. More importantly, Southerland has volunteered to share his special talents as a mentor at Martin Luther King Middle School.

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# Kadena Celebrates Holiday Season in Style

## By Chevon DuBois Workman

Kadena Air Base, Okinawa, Japan – While living in Okinawa, the winter months are not bejeweled with snow-covered trees and very chilly weather. For many Americans stationed here it can be hard to get into the holiday spirit. Kadena Services makes it a lot easier with its annual Christmas Village. Held in the huge parking lot of the Schilling Community Center, this Kadena Air Base tradition is open to all Status Of Forces Agreement employees and their families and includes everything to guide you through a lighted holiday theme festival.

This candy-coated day that could put a smile on any child's face kicked off with the Kadena Services parade. This year's theme "Sugarplum Wonderland" got everyone involved from all over the base.

One of the many highlights of the weekend was when Brig. Gen. Jeffery A. Remington lit the base's huge pine. When the lights came on and lit up the sky, everyone knew the festivities had begun. Other activities which made Christmas Village such a huge success included pictures with Santa, Kuma Bear (every little kids favorite) game booths, giveaways, prizes, face painting and much more. The Marketing booth had something in store for the whole family. Children were treated to free Blinky balls and Blinky pins. Parents tried their luck in a raffle to win a trip to Hong Kong or one of three Microsoft X-Box video game consoles.

According to Ken Robillard, Schilling Community Center director, "One of the main reasons we sponsor Christmas Village each year is to give something back to the community. This is the season for giving and we hope to bring the spirit of Christmas here to Okinawa."

The family teen and talent contest accomplished just that. This fun and competitive program is designed to give youth and their families a way to show off their hidden talents and



18th Service's Commander Col J.A. Swigart-Smith stopping by a booth at Christmas Village to lend a helping hand.



Cool dude! Kids enjoyed the many rides and entertainment at Christmas Village 2002.

creative expression. With over 15 contestants competing, the judges had some hard decisions. Videotapes of the winners will be sent to an Air Force-wide competition. Good luck Kadena!

Entertainment is the key to keep a celebration hopping. Rhythm and Blues recording artist, Musiq, who is also MTV's people choice for favorite new artist performed each night, which had all the fans hooting, hollering and waving their arms to the beat.

For the estimated 9,000 people who were able to stop by Christmas Village 2002 the holiday celebration was little brighter on Kadena Air Base.



Kadena Services mascot, Kuma Bear spreads holiday joy.

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# Chef for a Day

By Savannah Chastain A Marketing YES Student from Yokota Teen Center

This year service members of Yokota Air Base, Japan, had a special treat for their Thanksgiving meal at the Samurai military dining facility. Assistant Secretary of the Air Force, Nelson Gibbs, volunteered to be a food server with base leadership.



At his station on the meat-carving block, Secretary Gibbs enthusiastically dished out huge portions of turkey while conversing with the troops, retirees and their families. The meal was a good "home away from home" enjoyment for all who helped out and attended. Thank you to Secretary Gibbs for making the day extra special for our troops.



Assistant Secretary of the Air Force, Nelson Gibbs, signs the guest book at Yokota Air Base's military dining facility.

# Holiday Greetings from Home By Earlene Smith 81st Services Division



Left to right: Olivia Quillman and Diamond Johnson, both aged 5, and Alice Cunningham, school age coordinator at the Keesler Air Force Base Youth Center, prepare a banner for the 14 Services' Division military personnel recently deployed overseas. The entire staff and all the children at the center created two banners, individual Christmas cards, and two video tapes of themselves singing Christmas carols, to show their support for the troops and let them know they're thinking about them, especially during the holiday season.

Quillman is the daughter of Tech. Sgt. Kathleen Harrison, 81st Medical Support Squadron, and Johnson is the daughter of Airman 1st Class Jene Johnson, 81st Mission Support Squadron.

(Photo by Catherine Owens)

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# Keesler Holiday Craft Show A Big Hit By Earlene Smith 81st Services Division

Keesler Air Force Base, Miss., -- The Keesler Air Force Base annual Holiday Craft Show, co-sponsored by the Skills Development Center and Keesler Community Center, was held Nov.15 and 16.

More than 2,000 people attended the event at the community center, to purchase handcrafted items for sale by more than 50 vendors from both on and off base.

Children and adults had their pictures taken with Mr. and Mrs. Santa Claus portrayed by Roger Milford from the 81st Services Division Human Resource Office, and his wife Cindy Milford, from the Marketing section.

Terri Gonzalez, marketing specialist and Maureen Farmer, Commercial Sponsorship coordinator for the division, and teens from the youth center assisted the popular couple as elves.

An extra-added attraction was an Australian didgeridoo player. Door prize drawings were conducted every half-hour.

Base booster clubs were given the opportunity to make money for their programs by selling food throughout the day.



Brooke Trochesset, aged 5, gives Santa a big hug. Mr. and Mrs. Claus, and their elves, visited Keesler during the annual Holiday Craft Show. Trochesset is the daughter of Master Sgt. Paul Trochesset, CRTC Air National Guard stationed in Gulfport, MS. Others: left to right: Maureen Farmer, Commercial Sponsorship Coordinator, Roger Milford, Training Technician, Cindy Milford, Illustrator and Terri Gonzalez, Marketing Specialist, all from the 81st Services Division. Photographer is Earlene Smith, 81st Services

# Edwards FCC Provider Achieves National Accreditation

By 95th Services Division

Edwards Air Force Base, Calif., – Achieving national accreditation in child care is not an easy task, but Tracy Brown rose to the challenge and became the first provider at Edwards AFB to be accredited by the National Association for Family Child Care.

Accreditation is designed to emphasize high quality in the profession of Family Child Care. Family Child Care providers who choose to become accredited recognize the importance of a child's early years and work to provide a standard of excellence that both nurtures and educates young minds.

"Tracy is a pioneer of our Family Child Care program – she is the very first accredited provider at Edwards Air Force Base," said Marion Murphy, Edwards Family Child Care coordinator. "She also actively mentors other providers on a daily basis. We're extremely proud of her accomplishments."

Brown, the mother of two children and wife of Master Sgt.

Derek Brown of the 412 Maintenance Squadron, has been at

Edwards for 10 years now, and in that time has cared for more
than 200 children.

"It's a great honor to be a first on such a wonderful base as Edwards, where so many historical firsts have been accomplished," said Brown. "I get my motivation to do so well from my family, the many kids I've taken care of, the great military and civilian parents, and the strong leadership I receive from the FCC coordinators."

The National Association for Family Child Care accreditation defines the standards of quality, covering these content areas: Relationships, Environment, Activities, Developmental Learning Goals, Safety and Health, and Professional and Business Practices. It also helps parents and policy-makers recognize high quality care, while serving as a cornerstone in state professional development systems.

Accreditation is awarded for a period of three years, after which time the provider must re-accredit if they wish to maintain their status. The National Association of Family Child Care is the largest association in America representing family child care, and as such, serves as the national voice for the profession.

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Tracy Brown, nationally accredited child care professional at Edwards AFB, does activities with the children she cares for in her home.

(Photo by Phil Kocurek)

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## Breakfast with Santa By Shanda Allmond Program Director, Langley Community Center

Langley Air Force Base, Va. -- Envision a crowd of people awaiting the arrival of a very special guest. The anticipation and the excitement –it's that time of the year for holiday cheer. Once again, it was time for 1st Services' annual Breakfast with Santa celebration.

More than 1500 children and parents came to see the magical man in the red suit! Before Santa arrived, "ACE" the squadron mascot entertained the kids along with Santa elves. The time finally arrived and you could hear the cheers and applauding. They could see him approaching the hangar. He arrived with his jolly smile and laughter. Santa made his entrance via a big shiny red fire truck with all the fanfare that was deserving of such a special man. Mrs. Claus along with Santa helpers, ushered our guests to see Santa and gave a helping hand throughout the morning.

Guests were treated to a special breakfast of French toast sticks, sausage links, donuts, muffins, fruit cups, milk, assortment of juices, coffee and hot chocolate. There were plenty of activities provided to keep the children and parents busy such as the Make and Take crafts. Some of the creations were sun catchers, beaded holiday necklaces, and the most popular craft was a hand painted print flag for our deployed members, just to name a few of the offerings provided.

The base hangar was definitely the place to be. Decorated as a "winter wonderland" and all the trimmings, guests were amazed at the transformation of the hangar. The hangar was filled with laughter and excitement from all in attendance.

Clowns were everywhere with their balloon artistry and face painting. Kids could even enjoy temporary tattoos. The flash of photos of kids telling Santa what they wanted for Christmas was a memorable experience for families and the Langley 1st Services Team. Some of the heartwarming expressions from the children were -- "We want peace in the world", Bring my daddy/mommy home safe, "We wish all children could have a Merry Christmas" and there were the usual toys and games kids want Santa to bring.

Throughout the celebration, there was a multitude of prizes and gift give-aways. With the support of 1st Services Marketing, generous commercial sponsorship was provided for the event. There were toys, games, books, bicycles and much more. In addition, at the conclusion of the celebration every child was presented a complimentary grab bag to take home to enjoy.

This was definitely a TEAM Langley event. The 1st Services team along with base support agencies made this truly a successful event. To present a base event takes the support of









so many including over 60 volunteers who provided their services for the event. The event was free to our military members and their families to enjoy. This was our way of showing our appreciation and spreading joy to our families of deployed members.

The spirit of the season was alive in the Langley Hangar on December 7th. You can always count on the 1st Services team to always be there.

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# Torch Club Members "Adopt" Grandparents By Amy Smith, RAF Mildenhall

RAF Mildenhall, England. -- In today's society, children are often viewed as selfish. Thankfully, I can attest that the Torch Club, a group a children ages 11 to 13, strive to break that stereotype weekly. Through no coaching of their parents, all 11 members of the Torch Club plan activities related to education, health and fitness, and most importantly community service. Their unselfish nature has built relationships with the military community and has strengthened the American-British relationships in the local community.

At first, the children only looked at community service as a way to help the Mildenhall Base. They read stories to preschool children at the Child Development Center, planned a Bicycle Safety Day for children ages three through seven, and took refreshments out to the security police on hot summer days. It was easy for the Torch Club to volunteer time on the base, but it was difficult for them to develop community service projects for the British community. After brainstorming, the Torch Club decided to adopt grandparents at a local retirement home.

They visit the Wamil Court Home for the elderly in Mildenhall each month. Although the first visit was awkward for both the children and the retirement home residences, the children have built special relationships with their adopted grandparents over time. This has been accomplished through spending time together building puzzles and playing bingo and board games.

The children also serve the residence juice and biscuits and just spend quality time chatting. The grandparents are excited to see the children each month and wait for them with anticipation. But the children have impacted more than just the residence's lives; they have also impacted the lives of the nurses at Wamil Court.

The nurses are amazed as they watch the Torch Club's kindness. Each time they visit the retirement home the children are respectful to both the residents and to the nurses. The







Torch Club assists the nurses as they help the residents walk from their bedrooms to the activity room. The children also ask the nurses if there is any housekeeping that needs to be completed during the visit. Sometimes the nurses ask the children "why do you like coming here?" The children respond by saying they come because they care about the community. The Torch Club's sincerity in actions and words have touched the nurses' hearts and brought smiles to their faces.

The dignity that the Torch Club displays should be commended. After volunteering at the retirement home, the children now find it easier to help out in the communities where they live. Individual club members have reported carrying in their neighbor's groceries, cleaning up their local playgrounds, and giving their clothes and toys to neighborhood children.

It only takes a spark to get a fire going. For the Torch Club, it took the act of volunteering at the nursing home to make helping their neighborhoods a part of daily life. The Torch Club's actions stand as an example for children and adults alike. Not only have they improved their local neighborhoods but they have also strengthened British-American relations by strengthening the image of American children.





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News Archives

The Air Force Services Agency's Monthly Newsletter

News

People

Fitness & Sports

From the Field

From the Agency

### **Sports & Fitness**

- Fitness & Wellness Centers Team Up to Revitalize a Failing Heart
- Base Scuba Course Offers Certification From Basic to Advanced
- Cross Training in Italy
- Officer Gives New Meaning to 'Ironman Athlete'
- Misawa Gets into Shape in Time for the Big Chill
- They're not protesting. They're advertising!
- WXW=Xtreme Fun
- Boxing Legend Visits Grand Forks Air Force
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- County Record Broken
- Out of the Desert Dust Comes RC Racing for Edwards Youth!
- Parents, Children Exercise at Wee Fitness



WXW=Xtreme Fun

Misawa Air Base, Japan -- For the first time in history the WXW Xtreme Wrestlers laid the smack down at Misawa AB, Japan. Recently, hundreds of screaming fans crowded into Hangar 949 for two shows full of Xtreme sports entertainment.

As the first show progressed, the wrestlers whipped the crowd into a frenzy of wrestlemania.

Read more...

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### From the Field

- Services Brings the Cuisine Honoring Promotions and Troop Appreciation
- 'Doin the Deid' Holiday Style... Services'
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- Flying with the Fixins: Services Gives Flyers
   1st Class Send Off for Thanksgiving
- Hot Meals
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- One Man's Leadership Perspective
- Activities May Help Prevent Holiday Blues
- Services Keep Troops Entertained Downrange
- Messages from Home Decorate Base Facilities
- Christmas Spirit Contagious, Spreads Through Camp Andy
- Volunteers, Services Serve up Special Christmas Meal to Troops
- Mmmm, mmm: Holiday Feast Tantalizes
  Tastebuds



Services Brings the Cuisine to Us Honoring Promotions and Troop Appreciation

Al Udeid's December promotion ceremony was held in the base theater Saturday.

The following major was promoted to lieutenant colonel: John Newberry, 44th Expeditionary Air Refueling Squadron.

The following first lieutenant was promoted to captain: Marion Jay Lee, 612th Air Operations Group.

Read more...

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# News & Views Gets New Look and is Now Monthly

By Lee Schwabe Public Affairs HQ AFSVA

**S**AN ANTONIO, Texas – This year's first issue of *News & Views* greets readers with a new look and a new publishing schedule. These changes are in response to customer feedback and should create a better reading experience.

The new tabbed interface allows quicker access to articles of interest. The same sections are still there, they are just easier to access.

Starting this month, *News & Views* begins publishing on a monthly basis. This will substantially increase the timeliness of the publication.

As before, if you wish to read or print all the articles in one section, clicking on the first link of the section's directory will bring all those stories up on one page.

Submissions for *News & Views* can be sent to <u>submissions@agency.afsv.af.mil</u> and are due by the 15th of the month for next month's issue. For submission guidelines, <u>click here</u>.

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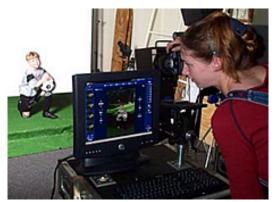
# Pro Photo Studio Offers Base Personnel Top Quality, Low Cost by Nick Stubbs

MACDILL AIR FORCE BASE, FLA. -- Did you know you could get professional photo portraits done on a military base?

Individuals, family and even pet portraits by a pro shooter are available by appointment at a fraction of the cost of having them done off the base at the MacDill AFB Skills Development Center.

"People are surprised a lot of times to know we do this," said John Fuleky, director of Skills Development. "We have full-service photo services that rival anything you can get and the price is so much better."

The photo studio is located in the Arts and Crafts building across from the Fitness Center. Fuleky's lament is that a lot of people use his parking lot for the gym, and they think all that goes on inside Arts and Crafts is needlepoint and basket weaving. That couldn't be farther from reality, said Fuleky. He invited everyone to see the variety of services offered.



Photographer Jenny Rosario works on portraits of youth soccer team members at the photo studio in the Skills Development Center. (photo by Nick Stubbs)

The photo studio is 100 percent digital these days and has been since 1997, when MacDill became the pilot base for an all-digital photo studio.

The advantages are many, and Fuleky noted it is not home computer-grade equipment being used. Cameras are high-end pro systems, with \$10,000 dye sublimation printers turning out photo-quality prints. An electronic "scene machine" superimposes up to 250 different backdrops behind subjects, with a scene to match almost any occasion.

The studio rotates through special photo promotions that include theme photography. Most recent was a studio setting of a foxhole, where photos were taken of people in camouflage and grease paint.

Glamour shots, in which a stylist is brought in at no extra charge, are a regular feature at the studio and will be resumed after the holidays. Fuleky said there likely will be a holiday theme setting in the studio soon. Event and location shoots are also done.

Photographer Jenny Rosario is busy at events like the Wing Dining Out and Navy Ball, which were held recently. December is a busy season, and all but one day are booked for squadron Christmas parties. "We started booking holiday events in August this year", said Fuleky.

Low cost is one of the big advantages of the studio, and anyone not taking advantage of the savings should call for an appointment, he added. A 30-minute sitting is just \$27 and that includes a single 8X10 printed sheet. That sheet can be one of several different layouts and photo combinations. The second sheet is just \$8 and all after that are only \$6 each, which means there is the potential for getting a lot of prints and size combos at a great rate, said Fuleky.

Those having photography done at the studio are able to see the results of the shoot instantly, thanks to digital photography. They also may wait while the prints are being done. The entire process only takes a few minutes using the proprietary highend photo imaging software used at the studio.

Besides pro photography, the studio also has a picture machine that can be used by anyone who wants copies or enlargements made from their personal photos. Like the machines seen at local stores, users scan in their photo and select an output option to make print copies. The cost is \$5 per sheet, and a pro is on hand to offer instruction on the use of the machine.

Photo sessions are by appointment only and are open to all those on base, with Saturday sittings available. For more information, call (813)828-4413.

# Holloman Volunteer Captures National Award

By Airman 1st Class Vanessa LaBoy 49th Fighter Wing Public Affairs

HOLLOMAN AIR FORCE BASE, N.M. (ACCNS) -- A
Holloman Youth and Teen Center volunteer won the Jackie
Joyner-Kersee Volunteer Award Nov. 16.

Colene Hayden, married to Staff Sgt. Scott Hayden, a crew chief with the fire protection flight of the 49th Civil Engineer Squadron, won the award, which is presented to volunteers who contribute their time, resources and enthusiasm to support girls' sports in the Boys and Girls Clubs of America.

"I'm very thankful for the award," Mrs. Hayden said. "I can't express the way I felt when I knew someone else cared enough to put me in for it and recognize what I did."

In the fall of 2001, Mrs. Hayden coached Holloman's under-10 girls' soccer team, Colene's Angels, and assumed the coaching position for the under-12 girls' team, the White Tigers, while their coach was deployed – all while nine-months pregnant.

"Hayden sets herself apart from the other volunteers because of her total commitment to the girls and the sport," said Cheryl Cilles, a 49th Services Squadron sports specialist.

"She's not just about winning. She teaches the girls good sportsmanship and the fundamentals of the game. If they win, that's a bonus," she said.

"Coach Hayden would always encourage us before, during and after the game," said Kaitlyn Lamb, a player for the Angels. "She would always say to us 'You guys are doing really good, and as long as you try your hardest, I will always be proud of all of you."

Mrs. Hayden also dedicated herself to the parents of her players.

"Every parent pays the same amount to see their children get their time on the field," Mrs. Hayden said. "Each child deserves to play the same amount of time. They were all all-stars and were all winners to me no matter what."

Mrs. Hayden coached two teams, a total of 20 girls. For the love of the children and the game, she dedicated four hours for practice and two and a half hours each week for games. Not even child labor would make her miss a game or practice.



Colene Hayden, a Holloman Youth and Teen Center volunteer, coaches her under-12 girls' soccer team, the White Tigers, in 2001.
Hayden coached two soccer teams and won the Jackie Joyner-Kersee Volunteer Award.

(Courtesy Photo)

"When I was pregnant with my third child, I went to practice that Tuesday night and was in labor the whole practice," Mrs. Hayden said. "I had my son 5 a. m. Wednesday, and was out of the hospital in time for practice Thursday, and I didn't miss the game that Saturday."

"It's an awesome award," she said. "I'm going to hang it on my wall next to my soccer ball that all the girls sign every year. I don't need a plaque or pat on the back saying thank you. As long as the girls learned something and have a smile on their faces, that's the reward I need."

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# Honor Guard Carries on Tradition at Columbus

By Airman Alexis Lloyd 14th Flying Training Wing Public Affairs

COLUMBUS AIR FORCE BASE, Miss. (AETCNS) -- He slowly brings up his hand to salute the deceased in a blue casket while family and friends dressed in black mourn their loss -- another hero has passed from this world.

Columbus Honor Guard members and the East Mississippi Community College mortuary class gathered outside the community center here Monday for a simulated funeral.

The EMCC class played the role of the deceased's family and friends.

The class wanted to learn how military funerals honor those who have served.

"The Air Force has always been of the highest professionalism," said Don Webb, EMCC program director. "They are really second to none."

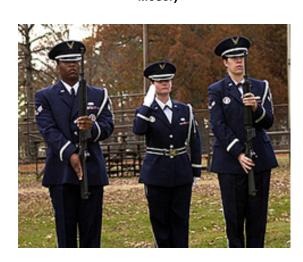
The casket draped with the American flag is carried from the hearse to the gravesite.

At the site, the honor guard folds the flag. The flag is handed to the officer or NCO in charge, and then the bearers are dismissed. After passing the flag, an Air Force chaplain, or a chaplain of the family's choosing, leads the prayer.

At the conclusion of the prayer, the 21-gun salute is performed. The three rounds of seven volleys symbolize the Father, the Son and the Holy Ghost, a tradition started during the Civil War that continues today.



Second Lt. Ryan Andrews, honor guard officer in charge, watches bearers fold the flag during a practice funeral Dec. 2 at Columbus Air Force Base, Miss. (U.S. Air Force photo by Tech. Sgt. Jim Moser)



The playing of Taps concludes the ceremony. Then, the flag is presented to the spouse or a family member.

"[The simulated funeral] was a great way to support the community and to show supervisors what their troops are doing," said Staff. Sgt. Rhonda Knipmeyer of the 14th Services Division.

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Senior Airman Travares Dozier (from left), Senior Airman Holly Ewings and Airman 1st Class Jennifer Rossin salute during a practice funeral Dec. 2 at Columbus Air Force Base, Miss. (U.S. Air Force photo by Airman Alexis

Lloyd)

Airman Jacob Rewerts plays Taps during a simulated funeral Dec. 2 at Columbus Air Force Base, Miss.

(U.S. Air Force photo by Tech. Sgt. Jim Moser)

# Patrick Volunteers "Furnish" Assistance To CDC

By Mary E. Bell 45th SVS/SVK

Patrick Air Force Base, Fla., --- Parents who dropped off and picked up their children at the Child Development Center (CDC) a few weeks ago remember seeing the mass accumulations of boxes in the lobby as they maneuvered their child to the classrooms. Curious little eyes viewed over 200 boxes of new modular furniture, which recently arrived at the CDC. All of the furniture has been assembled thanks to a variety of volunteers who made the transfer in record time according to the staff.

Volunteers from other organizations provided their time and energy to this project. Tech. Sgt. Donald Lake, Staff Sgt. Jerry Dail and Tech. Sgt. Shawn McCarty of the 333rd Recruiting Squadron, happily assisted. Since the teachers must remain with the children in their care, they are not able to do some of the things like putting the furniture together while the children are present.

Parent volunteers like Staff Sgt. Armando Daniel of the 45th Security Forces Combat Arms and his wife, Shirley C. Daniel, a student, give their time through the week and on weekends. Mrs. Daniel, who also works and volunteers at the base Dental Clinic saw a flyer in the CDC stating that volunteers were needed to help put the children's furniture together. She



Armando and Shirley Daniel above were among more than two-dozen parents and other volunteers who helped assemble furniture recently purchased for the Child Development Center (CDC). The Daniels have been at Patrick Air Force Base about a year and a half, and they are extremely happy with the care their son and all the children receive at the CDC.

signed up to help. Armando who is often off during the week, came in every once in a while to help.

The Dyncorp Technical Services, Patrick Support Division here on base, came over during their lunch break and helped. "Xiomara Vaske, one of our parents organized 12 men from DynCorp to come with her to help put the shelves together," said Sue Pollock, CDC training and curriculum specialist.

In all, about 19 volunteers not affiliated with the CDC in any way helped with this venture because they heard about the need for volunteers. Together with about 15 or more parent volunteers, the furniture was assembled and placed in the classrooms.

Funds for the furniture came from fallout resources.

"When Brig. Gen. Pavlovich prioritized the distribution of the fallout funds, he made sure the money went where it was needed. We really appreciate it," says Pam Jordan, CDC Director. Almost \$30,000 went into purchasing the muchneeded new furniture for the children. "If it were not for Sue's (Pollock) help in organizing all the volunteers both parents and other organizations, this project would have taken much, much longer. The children immediately noticed the difference and they are excited," added Jordan.

"I just love all our volunteers," commented Pollock. "We actually had some parents went out and bought some tools and donated them to the center so that the tools would be here for future use. We didn't have enough tools to go around for that many volunteers."

The Daniels have been extremely happy with the CDC and staff. Isaac, their son is about 2 years of age and he's been at the CDC about a year. "I wouldn't have my son anywhere else," stated Mrs. Daniel. "Isaac's social skills have really developed since he started going to the CDC."

"I know I speak for a lot of parents I talk to when I say that we wouldn't be able to do our jobs comfortably at work if it wasn't for these guys (CDC staff) here taking care of our most prized possession – our kids. If I worried about my son all the time, I wouldn't be able to perform my job. I know that he's in good hands every day, so it's great," stressed Daniel, as he agreed with his wife.

It's easy to see why parents like the Daniels volunteer their time. They appear happy with the results they see in their son. "We like to stay involved with our child's progress. Isaac loves his teachers and they take good care of him," states the Daniels. They feel that this is the least that they can do.

# Services Auctions Off Unclaimed 'Treasures'

By Rudy Purificato 311th Human Systems Wing

Brooks Air Force Base, Texas -- Bargain hunters blessed with insight on value when viewing apparent junk as treasure will be given an unprecedented opportunity in February when the 311th Services Division auctions off unclaimed motorized vehicles.

Cars, trucks, boats and recreational vehicles are among unclaimed property at Outdoor Recreation's storage facility that will be sold to the highest bidders during a sealed bid auction planned for early February 2003.

"This is an opportunity for us to sellabandoned or unclaimed vehicles that have been stored for years at the Vehicle Storage Site. Military personnel, civilians and retirees who have Department of Defense identification cards are eligible to bid in the auction," said Capt. James Rumbley, 311th Services Division deputy commander.

Services will announce early next year when bidders can view property to be auctioned. "They'll be given time to look at the items and make their bids," Rumbley said, explaining that Outdoor Recreation specialist Dennis Chapoy will help facilitate the auction at the site located on the old flight linenear Outdoor Recreation's headquarters at Bldg. 1154. At the site entry point, bidders will be given a property list identifying vehicles by lot number. After viewing the property, auction participants will mark their bids on the list to be turned into Chapoy who will immediately seal them. Services will announce the winning bids by the end of February.

The money raised from the auction will help pay unpaid storage lot fees.

"Early last year we began the legal process of trying to find the owners of property that appears to have been abandoned," Rumbley noted. About 50 motorized vehicles have been identified as unclaimed property. Last week, the 311th Security Forces Squadron began impoundment procedures.

"Registered letters have been sent to the owners' last known addresses. They have 60 days to respond," Rumbley said.

Should these owners fail to respond by either paying storage fees or removing their property from the lot, their vehicles will be sold at auction.Rumbley suspects that some owners may have died without having previously informed family members that they had vehicles stored at Brooks.

"We're not trying to make money. What we want to do is



A stored Jaguar gets a second look in preparation for Outdoor Recreation's auction planned for February.

(Photo by Rudy Purificato)



Dennis Chapoy and Capt. James Rumbley examine a boat that is expected to be part of an Outdoor Recreation auction in February.

(Photo by Rudy Purificato)



Dennis Chapoy and Capt. James Rumbley check the lock on a camper trailer at the vehicle storage lot at brooks. The camper is one of many items expected to be auctioned in February.

(Photo by Rudy Purificato)

remove the property due to space limitations. It (site) is not a junk yard, but a professionally run storage lot," Rumbley said.

Auctioned material will free up valuable parking space that can be used by future customers.

"At \$15 per month, we are the cheapest in town in terms of outdoor storage fees," Rumbley noted.

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# Visiting Chef Shares Secrets at Travis AFB



Travis AFB, Calif. -- Jimmy Corwell, a Certified Executive Chef from the Culinary Institute of America at Greystone in Napa Valley, discusses the preparation of shallots to Airman Jessica Fredline and Airman 1st Class Christopher Johnson both members of the 60th Services Squadron, as well as Ms. Trinette Williamson from Pride Industries at the Golden Hills Dining Hall on Travis Air Force Base, Calif., Dec. 11, 2002. Corwell, CEC, is a visiting chef instructing the cooks from the 60th SVS Squadron in preparation for the upcoming Hennessey Award. (U.S. Air Force photo by Ms. Kristina P. Cilia)

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Misawa's Teens Benefit from Young
Adult Forum
By Melissa M. Stockstill
35th Services Squadron



Misawa Air Base, Japan -- Adults at Misawa Air Base realize the way they speak to teens affects the way these young adults feel about themselves and others. Recently, the 35th Services Squadron and base leaders hosted a Young Adult Forum.

The event gave teens an opportunity to voice concerns and get answers to questions. Senior leaders used the forum to maintain positive dialogue and open communication with Misawa's teens, while Services used the information to collect feedback for decisions about youth programs.

According to Ms. Sara Jones, flight chief, Family Member Programs, this particular meeting was unique from those in the past.

"This forum was different because we encouraged the teens to fill out a survey. By receiving the survey information, we can tailor our programs to fit the needs of Misawa's teens. We now have the means to find out if teens truly want field trips, different hours of operations or special activities. I am really looking forward to the results," she said.

During the forum, teens' questions ran the gamut from new fitness equipment at the Potter Fitness Center to starting a dance/drill team.

A concerned teen asked 35th Fighter Wing Commander, Brig. Gen. Dana T. Atkins, about the measures he was taking to reduce the consumption of alcohol among teens.

"The first thing I plan on doing is looking at parents right in the eye and ask them if they know what their kids are doing. Leadership cannot do everything, but with parents' help, we can all make a difference," Atkins replied. "The best solution is to challenge parents to be the best they can possibly be."

This teen forum was special because it gave base leadership an opportunity to tackle question after question with thorough, informative answers. The forum also gave the Family Members Flight managers an opportunity for deeper insight into the needs and wants of Misawa's teens through the use of surveys. The answers gained from the surveys will provide long-term results in everything from hours of operations to events. This is just one more example of the quality and excellence the 35th Services Squadron provides to its customers.

Sara Jones, Family Member Programs
Flight Chief, explains how the survey's
answers will benefit both the Family
Member Programs managers plan and
tailor events to meet teens' needs. (Photo
by A1C Mary E. Weaver, 35 CS, Misawa
AB, Japan)



Shantel U. Arrington-Johnson, a high school student at Misawa AB, directs her question regarding entertainment diversity to base leaders in attendance. (Photo by A1C Mary E. Weaver, 35 CS, Misawa AB, Japan)

DOVER AIR FORCE BASE, Del. (AMCNS) – It's something almost no one, except the enemy, would ever want to see happen here, but it's something the members of the Charles C. Carson Center for Mortuary Affairs must be be ready for – the arrival of large numbers of casualties.

As part of mass casualty exercise Dec. 6, personnel at Dover simulated the reception of approximately 200 human remains transported by C-5 and C-17 aircraft. The exercise was designed to prepare mortuary staff and the Mortuary Control Center team for such an event.

According to Maj. Jeff Yocum, 436th Services Squadron commander and a leader of the MCC, the exercise allowed the team to "scrub" through the base's Operating Instruction.

"The OI is several years old, so this exercise was important because it gave us an opportunity to look at each units' responsibilities, fine tune them, and make corrections," he said.

"This exercise, however, wasn't important just because of the age of the current instructions or even because of the dignity required by the operation, it's important because doing the job right affects the psyche of the American people," said Col. Charles P. Smiley, 436th Mission Support Group commander.

The exercise began at 9 a.m., when the MCC was activated. More than 25 Dover Team members represented nearly every group or unit on base. Some of the key areas the MCC staff focused on involved aircraft arrival and parking, transferring the remains from the aircraft to trucks for transport to the mortuary, arrival ceremonies, support to family members of the deceased servicemembers, media requirements, contracting and finance issues, and critical incident stress management.

"We wanted to make sure we addressed and account for all the little details of this operation," said Lt. Col. Bruce Bush, U.S. Air Force Services Agency director of programs, who traveled from Randolph Air Force Base, Texas, to attend the exercise. "The Air Force is very good at mortuary operations because we account for everything."

Some of the scenarios presented helped generate discussions one might not consider by just reading the OI. For instance, the first "simulated" aircraft to arrive to Dover had only one deceased Air Force servicemember on board, but it also had one Navy, 18 Marine, and 50 Army remains. The high number of remains on board generated a lengthy discussion surrounding how many trucks it would take to move the remains to the mortuary. It also caused the Contracting Squadron representative to jump into action to locate the needed number of vehicles.

The fact that several military services were represented on that first aircraft also posed questions concerning what type of ceremony should be provided. From there, the team began talking about the families and how they should be cared for.

It wasn't just the arrival that generated discussions. Where the remains processing and identification team would be lodged, where they would eat, and how and where they could step away from the operation if the stress of it all got too high was also considered.

Overall, it was the free flow of information that made the tabletop exercise so good.

"The level of support the (436th) Aerial Port would have to play in a mass casualty event wasn't clearly defined in the operating instruction," said Capt. Lionel Rodriguez, 436th Aerial Port Squadron combat readiness and resource flight commander. "This exercise enabled us to see exactly how much of a role we would play, and it's significant."

"Overall, it was enlightening for everyone involved," said Bill Zwicharowski, acting mortuary officer. "Anytime you can get all the gears going at the same time, you're going to be able to train hard. And, training hard is

one of the best ways to ensure you do the job right and you do it efficiently as possible."

According to Smiley, the end product of this exercise isn't just a good operating instruction. "It's doing the right thing for the families."

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# Misawa's Torch Club Donates to Community with Angel Tree By Melissa Stockstill

35th Services Squadron

Misawa Air Base, Japan - Since 2000, the Angel Tree has helped the Torch Club generate hundreds of toy donations to 4th, 5th and 6th graders at Obuchi Elementary School, a low-income Japanese school here. True to their tradition, the Torch Club creates the Angel Tree by decorating a Christmas tree with representations of boys and girls who attend the Japanese school. The club members label each "ornament" with the sex and age of a potential recipient.

"Traditionally, we have had a wonderful response to this charity event. Last year the community donated more than enough toys to the children," said Vera Metoyer, recreation aid supervisor and Torch Club coordinator.

The Torch Club encouraged Misawans to contribute at least one toy. Once the community's donations have been collected, club members take great care to separate the gifts by category and travel by bus to personally deliver the gifts.

"I was so impressed with the Torch Club kids last year when they delivered the toys. They knew that this was serious. The Japanese children were so touched by the donations they ran behind our bus while we were driving away. They were crying; we were crying. The event really inspired our members to use their lives and to reap the rewards that come from giving to others," said Metoyer.

The Angel Tree did more than just make the kids feel good about a charitable act. It also helped the club win a major award. Last year this event catapulted the Lunney Youth Center's Torch Club to 4th place in the Boys & Girls Club worldwide. All Torch Clubs have to do a major community service event, but the Angel Tree is exclusive to Misawa in Pacific Air Forces. Despite all of the awards, the kids eagerly await their third opportunity to play guardian angel to those in need.

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The Landings Club Stirs up Creative Talent

By Tammy Stock 436th Services Squadron

DOVER Air Force Base, Del. -- The Landings club's chefs and bartenders exposed their talent during the chefs' and bartenders' competition. These events gave chefs and bartenders at the Landings club a great opportunity to shine with their best performance for the customers.

Tim Kafel, the Landings club manager said "the whole purpose of these events is to encourage our staff to develop their creativity and show their talent in different ways."

The judging criteria for the chef's competition was based on food preparation, chef's description and presentation, chef's appearance, taste, and originality.

Leroy Gibson, winner of the chef's competition impressed the judges presenting a Maryland crab soup, Leroy's special 3-way salad, smothered chicken breast over linguine with an oriental blend, and finished off with his own special dessert: "Sweet", marinated berries over pound cake with a touch of mint.

According to Kafel, Gibson enchanted the audience with a culinary atmosphere starting with light jazz playing in the background.

Four Landings club's bartenders showed their professionalism with creative colorful drinks.

"This competition is fun because the club's staff is like a family," said Rashwan Packwood, winner of the bartender's competition. "If you show professionalism, that you are outgoing, and courteous, customers will feel this is the place to be."

According to Kafel, Packwood impressed the panel of judges with his bar knowledge and his specialty drink Electric Lemonade.

Also, Betsy Schrack, Chris McClay and Juan Davilla impressed the panel of judges with their creative bartender's abilities.

"All the competitors demonstrated their flare with assortment of drinks," said Kafel.

Kafel said the Landings club is planning to have this kind of events every six months, for the chefs, bartenders and eventually will have one for the servers, so they all can compete for cash prizes.

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Rashawn Packwood, prepared his specialty drink, Electric Lemonade.
Packwood is a bartender at the Landings club.
(Photo by Tammy Stock)

# School-age Olympics Builds Teamwork,

#### Courtesy 436th Services Squadron

DOVER Air Force Base, Del. -- More than 80 children participated in the Before and After School Age Program Youth Center Olympics Nov. 5- 8. The event is designed to allow children to compete in various areas of interest, as well as socialize and work together.

The children of the "Banner Kids" group, supervised by Kenya Alston, School Age Program Assistant, led the opening flag ceremonies of the games. They performed "The Banner Waves", written by Charles Gibbs, entirely in sign language.

"Sign language is universal, interesting, and basically easy to learn," said Bonnie McGill, School Age Coordinator. "Children at the Youth Center are encouraged to learn new ways of expressing themselves."

Some of the competitions during the Olympics were the obstacle course, building contest, popcorn pick-up race, youthanaire game (similar to "Who Wants to Be a Millionaire"), and a spaghetti-eating contest.

"The popcorn pick-up race was my favorite competition because we had to pick up popcorn and got to eat them," said Okayla Ellis, age 6. "I liked the activities because they are always fun. Six of my friends played with me."

In addition to other activities, the marshmallow architectural game proved to be a fun challenge.

"I had to build a structure with toothpicks and marshmallows and make it stand by itself within a certain time," said Jasmine Lyles age 10.

The games were based on children's ideas and their areas of interest. Each School Age Program Assistant, along with the children, had to design games for their groups.

"Staff and children planned activities and events for approximately a month in advance," said McGill. "They really got excited about all of the different games and what they wanted to sign up for."

All participants were equally awarded with a certificate of achievement.

"The purpose of these activities is to promote harmony between the School Age Program Assistants and the children by working together," said Gary Winings, YAC director. "Everyone was recognized for their great effort playing the games."

According to Wendy Jones, SAP assistant, the kids had a blast and liked the Olympics because of the variety of games.



Rocket builders: The rocket-making event conducted by Wendy Jones, School Age Program assistant, was based on science and math skills. The games were designed on children's ideas and their areas of interest.

(Photo by YAC Staff)

# Giving Back to the Community Tammy Stock 436th Services Squadron

Dover Air Force Base, Del. -- The holiday season is the time of the year when local support agencies need our community help the most.

For forty Dover Team runners and walkers this was a great reason to get out on a cold and breezy morning of Nov. 20 to complete the 5k Turkey Trot with a smile. The race started in front of the Fitness Center and covered 5k around the base.

"In order to take part in the Turkey Trot, each participant brought in a non-perishable food item," said Lathan. "For three years, the Fitness Center has donated the items to The Sheperd Place.

The Sheperd Place has been part of Dover's local support facilities helping homeless people for thirteen years.

In addition, SrA Michiel Perrault, 436th Services Squadron fitness specialist, said, "Donating all the canned goods we received from the race is a way to give back to the less fortunate in our community and is one of the ways the base gets involved with the local support agencies."

Once all the participants completed the race, Major Jeff Yocum, 436th Services Squadron commander, presented the awards to the winners.

The first place male and female winners each received a turkey.

The winner for the male runner category was John Wayne with a finishing time of nineteen minutes and forty-three seconds.

Captain Maureen Farrell, 436th ADOS, won the female runner category with a time of twenty-two minutes and fifty one seconds

Tech Sgt. Jan Beck, 436th LRS Squadron, pointed out that the great thing about an event like this is that everyone is welcome regardless of athletic ability or training to give something back to the community.

According to 1st Lt. Mark Lathan, Fitness Center director, the Fitness Center also collects children's gift donations to brighten the holidays for some local shelters during our annual December Gallop for Gifts 5K.

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Major Jeff Yocum, 436th Services Squadron commander, presents the first place prize of the 5K Turkey Trot female category to Capt. Maureen Farrell, 436th Aero Dental Medical Squadron. (Photo by Tammy Stock)

### Grissom Dining Facility Receives Facelift

By Melissa M. Stockstill 35th Services Squadron

Misawa Air Base, Japan -- Even though the Grissom
Dining Facility serves some of the most appetizing food in
the Air Force, these dedicated culinary professionals
realized there is something to be said for ambiance.
Thanks to the support of 35th Fighter Wing Commander,
Brig Gen Dana T. Atkins, 35th Mission Support Group
Commander Col. Richard Howell, 35th Services
commander, Maj. Liza Parr, Command Chief Master Sgt.
Charles Clymer and Senior Airman David Hardin.
Grissom's staff undertook a major self-help renovation
project that took over 650 man-hours to complete and
saved the Air Force over \$64,000 in contract cost.

"I am really proud of the staff because they took it upon themselves to operate normal operations and work after duty time to complete the project. Before the project even began we tirelessly researched the latest trends that would entice our meal card customers to eat here," said MSgt Tony Flowers, Grissom Dining Facility manager.

Some of the innovative changes to the Grissom include a Cracker Barrel style self-serve food court in the dining area which made "Grab-N-Go" meals available to customers 24-hours a day.

"There are always peak times where things can get hectic. By offering the meals to customers 24-hours a day, the busy times become more streamlined and manning can be stretched to cover 24-hour operation while keeping a smooth flow of customers," said Flowers.

In addition to the self-serve area, the Grissom staff also developed the Sports Pub which allows customers to watch various sports on three large screen televisions and two overhead televisions 24-hours a day. To enhance the sports atmosphere, the staff decorated the area with NFL table-covers, sport shadow boxes and flags. Even the menu for the pub reflects the sporty atmosphere. Customers may order specialty items like the NBA platter consisting of cheese sticks with marinara sauce, nachos & cheese and hot chicken wings with ranch dressing.

Finally, the dining facility staff designed a Cyber Cafe' complete with four flat-screen computers for customers. The Cyber Café allows computer-minded airmen to keep up with current events or diligent pupils to study in their spare time. This section of the dining facility comes complete with a wrap-around booth for dining or studying and a sofa where airmen can relax and read while waiting to surf the Internet.

#### **Sports Pub**



**Before** 



After

#### Grab-N-Go



Before



During

All of the changes to this facility add up to a brand-new, interactive dining experience for meal cardholders.



After

#### **Cyber Cafe**









Before

After

After

After

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# Kadena Hosts 6th Annual Discover Recreation, Leisure and Travel Expo

By Nancy Tamez 18th Services Marketing

Kadena Air Base, Okinawa, Japan -- Kadena Services hosted its 6th Annual Discover Recreation, Leisure and Travel Expo on Nov 9. The Expo provided on- and off-base leisure providers the opportunity to showcase their facilities and services with booths, displays and demonstrations.

Kadena Information, Tickets and Travel and the Recreation, Education, Awareness, Community, and Hub Center worked with Services Marketing to secure 17 official sponsors and 25 vendors for the event. Giveaways included trips to Hong Kong, San Francisco and Hawaii. Resort giveaways included Club Med Kabira, Club Med Ishigaki, YYY Club le Resort, and hotel stays at Garden Hotel, Pricia Resort Yoron, and Hotel Nikko Alivila to name a few.

According to April Marling of Kadena ITT, contacting vendors began in August and marketing played a large role in securing sponsorship for the event. She said that the event was a huge success with over 5,000 participants and attributes this success to advertising in Venture magazine, Shogun Newspaper, on American Forces Network and the base marquee.





Kadena Services vendors included the Aero Club, Kadena ITT, Okuma reservation office, Outdoor Recreation (aquatics, balloon center, Kadena Marina, Karing Kennels and Paintball), REACH Center, Risner Fitness Center, and Skills Development (Arts & Crafts Center and Auto Skills).

Entertainment was provided by Services Youth Center and included performances in ballet, tap dance, karate, gymnastics, mini-trampoline, dancing, and martial arts.

The Expo passport was an added feature that offered participants another chance to win fabulous prizes. Once a participant received 15 stamps or more on the passport, they were eligible for a surprise giveaway.

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### ACC Preteens Pull an All-Nighter By Deb Willey, HQ ACC/SVPF

Nellis Air Force Base, Nev. -- The Air Combat Command hosted its third annual Preteen Lock-in during the month of October. A night full of fun, food, and friends was offered to youth nine to 12 years of age.

Events included staff versus youth challenges, youth center competitive events and activities, as well as base-to-base challenges. After-action reports from the bases consistently noted the popularity of the base challenges. The preteens enjoyed talking and interacting with youth from other bases.

The event was held on Oct. 4 and Oct. 12 and bases were given their choice of days. There was an even split between the two days. The head quarters ACC/Family Member Programs staff developed a program guide to assist the youth centers in planning and conducting the event. The guide



Preteens interact during the third annual Preteen Lock-in hosted at Air Combat Command.

included program goals, marketing strategies, sample press releases, command-wide and base challenge events, a master score sheet, and a number of suggested games and activities. Challenge events, games, and activities were based on inputs provided by youth center staffs. Air Combat Command also funded the promotional give-a-ways (t-shirts, backpacks, etc.) which were purchased from Advisables.

Bases also competed against each other to attain the highest overall score. Points were awarded for the Lock-in events as well as participation in other youth programs. For example a base received points for having a chartered Torch Club, sponsoring a Boys and Girls Club fine arts exhibit or photography contest, and conducting a successful Boys and Girls Club program with more than 50 participants. The Nellis Youth Program won first place this year with a score of 67 out of a possible 76 points. They were awarded a plaque and money for a preteen party.

The Preteen Lock-ins has grown in popularity. This year more than 1,009 youth participated throughout the command! Lockins offer youth the opportunity to build social competencies, contribute to the planning and execution of the program, connect with other youth, and see staff as role models. A staff member from Holloman wrapped it up nicely by noting, "The preteens truly had a blast"!





Young girls participated in the many events offered at the Preteen Lock-in.

# CDC Makes Learning A Completely Natural Experience by Tech. Sgt. Andre Nicholson Public Affairs

HURLBURT FIELD, Fla. -- Staff members at the Hurlburt Field Child Development Center, do just what their title implies – help with the development of children.

The center, which teaches children from six months to 5-yearsold, offers several activities that lay a foundation for academic success when the children are older, said Donna Love, CDC director.

One of the newest projects being developed at the CDC is a schoolyard habitat/nature trail, which Love said she's extremely excited about.

The first part of the project – the schoolyard habitat will display a butterfly garden, a wildflower garden, a greenhouse, a pond and a bog, she said.

Although the CDC has gardens on every playground, they



One of the newest projects being developed at the Hurlburt Field CDC is a schoolyard habitat/nature trail.

wanted to create an outdoor area where the children could see the birds, squirrels, butterflies, fish, insects, lizards and flowers, learn their names and even conduct observations and experiments, Love said.

"We understand that many of our parents work long hours and don't have time when they get home to go with their children to a park, playground or even into the backyard," she said. "By the time they prepare and eat dinner, it's time for the child to go to bed. And we want every child who comes to the CDC to have the opportunity to learn things, like planting seeds and watching them grow."

The center has even allowed the children to grow pumpkins. Every day they would measure the pumpkin to see if it had grown and the teachers would help them keep a record of the changes in color, size and shape, Love said.

Providing the children with this type of hands on learning lays the foundation for their future studies in subjects like zoology, botany and math, said Love.

Also, just as important "Is it helps our children learn to appreciate the environment and hopefully become good stewards of it when they are older," she said.

The center plans to submit the schoolyard habitat to the National Wildlife Federation so it can become certified once it's complete, Love said. "This will be the first Air Force Child Development Center with a certified schoolyard habitat."

After the completion of the habitat, the center will start building a nature trail along the back fence of the CDC playground.

The nature trail will have informational stops along the trail so adults and children can learn about the plants and animals, Love said.

The entire project is the work of several organizations including the civil engineer squadron, the Air Force Sergeants Association, 16th Supply Squadron, 823rd RED HORSE Squadron, parents and the CDC staff, she said. And the Hurlburt Officers' Spouses' Club even provided the funding for the pond and bog.

Love encourages adults as well as children to visit the nature trail once it's complete and experience what the children at the CDC will witness everyday.

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### Minot's Dining Facility Recognized by Høstfest Committee

by Gary Eiland 5th Services Squadron Marketing Dept. Minot AFB, North Dakota

MINOT Air Force Base, N.D. -- In November 2002, members of Minot Air Force Base's Dakota Inn dining facility were recognized and thanked by the Norsk Høstfest committee for their outstanding contributions to the most recent festivities.

The Norsk Høstfest is North America's largest Scandinavian festival and it's held in Minot, North Dakota. It started in Minot in 1978 as a one-day event and has grown into an annual, international gathering.

Høstfest chairman Chester Reiten personally recognized members of the dining facility in a ceremony at the Scandinavian Heritage Center. This was the 25th anniversary of the Høstfest celebration.

Tech. Sgt. Alan Thomas, director of Minot AFB's dining facility and flight kitchen, accepted awards along with the Dakota Inn staff.

Dakota Inn personnel dedicated many hours as they assisted in the preparation and cooking of prepared Norwegian salmon, Icelandic cod with an orange glaze, boiled new potatoes, creamed vegetables and fish soup.

Minot Air Force Base servicemembers and Minot area volunteers participate in this event annually. This year, 239 members of the Minot community volunteered their services to help make the event successful. Of the 239 volunteers, 182 were Minot Air Force Base service members.

The only people from the base who were personally recognized for their efforts were the members of the dining facility staff.

During the award ceremony, Reiten told the assembled guests about four airmen who had volunteered to help with this year's Høstfest who were suddenly called up to go on a deployment.

The airmen felt so strongly about volunteering that they found four other people to take their place to help during the Høstfest. "That's just one example of the kind of dedication demonstrated by Minot Air Force Base's servicemembers," said Reiten. "This was a great opportunity for everyone, especially the younger airmen, to work along side world-renowned chefs," said Tech Sgt. Thomas. "We had the chance to learn new recipes and techniques that are not commonly seen in a typical Air Force dining facility," Thomas added.

"The chefs and everyone associated with the event were great. It really proved to me that there's a strong bond between the base and Minot's local community. The chefs that volunteered



Norsk Høstfest chairman Chester Reiten (right) presents letter of recognition to Tech. Sgt. Alan Thomas, director of Minot AFB's dining facility and flight kitchen. (Photo by Gary Eiland)

all agreed that this was a great experience and they'll definitely volunteer again next year," said Thomas.

North Dakota is located in the center of the continent's Scandinavian population, and Minot is the permanent home of the Scandinavian-American Hall of Fame. The Scandinavian-American Hall of Fame honors those persons of Scandinavian descent in North America who have achieved greatness or have contributed significantly to mankind.

The festival took place Oct. 8-12 at Minot's Scandinavian Heritage Center and featured folk dances, music, heritage displays and a wide variety of Scandinavian foods. Over 60,000 people attended this year's event. Over the years, many celebrities have been invited to entertain at the festival.

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### News & Views Gets New Look and is Now Monthly

By Lee Schwabe Public Affairs HQ AFSVA

**S**AN ANTONIO, Texas – This year's first issue of *News & Views* greets readers with a new look and a new publishing schedule. These changes are in response to customer feedback and should create a better reading experience.

The new tabbed interface allows quicker access to articles of interest. The same sections are still there, they are just easier to access.

Starting this month, *News & Views* begins publishing on a monthly basis. This will substantially increase the timeliness of the publication.

As before, if you wish to read or print all the articles in one section, clicking on the first link of the section's directory will bring all those stories up on one page.

Submissions for *News & Views* can be sent to <u>submissions@agency.afsv.af.mil</u> and are due by the 15th of the month for next month's issue. For submission guidelines, <u>click here</u>.

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# **WNEWS** VIEWS

# Pro Photo Studio Offers Base Personnel Top Quality, Low Cost

by Nick Stubbs

MACDILL AIR FORCE BASE, FLA. -- Did you know you could get professional photo portraits done on a military base?

Individuals, family and even pet portraits by a pro shooter are available by appointment at a fraction of the cost of having them done off the base at the MacDill AFB Skills Development Center.

"People are surprised a lot of times to know we do this," said John Fuleky, director of Skills Development. "We have full-service photo services that rival anything you can get and the price is so much better."

The photo studio is located in the Arts and Crafts building across from the Fitness Center. Fuleky's lament is that a lot of people use his parking lot for the gym, and they think all that goes on inside Arts and Crafts is needlepoint and basket weaving. That couldn't be farther from reality, said Fuleky. He invited everyone to see the variety of services offered.

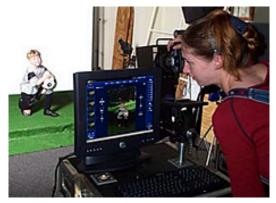
The photo studio is 100 percent digital these days and has been since 1997, when MacDill became the pilot base for an all-digital photo studio.

The advantages are many, and Fuleky noted it is not home computer-grade equipment being used. Cameras are high-end pro systems, with \$10,000 dye sublimation printers turning out photo-quality prints. An electronic "scene machine" superimposes up to 250 different backdrops behind subjects, with a scene to match almost any occasion.

The studio rotates through special photo promotions that include theme photography. Most recent was a studio setting of a foxhole, where photos were taken of people in camouflage and grease paint.

Glamour shots, in which a stylist is brought in at no extra charge, are a regular feature at the studio and will be resumed after the holidays. Fuleky said there likely will be a holiday theme setting in the studio soon. Event and location shoots are also done.

Photographer Jenny Rosario is busy at events like the Wing Dining Out and Navy Ball, which were held recently. December is a busy season, and all but one day are booked for squadron Christmas parties. "We started booking holiday events in



Photographer Jenny Rosario works on portraits of youth soccer team members at the photo studio in the Skills Development Center. (photo by Nick Stubbs)

August this year", said Fuleky.

Low cost is one of the big advantages of the studio, and anyone not taking advantage of the savings should call for an appointment, he added. A 30-minute sitting is just \$27 and that includes a single 8X10 printed sheet. That sheet can be one of several different layouts and photo combinations. The second sheet is just \$8 and all after that are only \$6 each, which means there is the potential for getting a lot of prints and size combos at a great rate, said Fuleky.

Those having photography done at the studio are able to see the results of the shoot instantly, thanks to digital photography. They also may wait while the prints are being done. The entire process only takes a few minutes using the proprietary highend photo imaging software used at the studio.

Besides pro photography, the studio also has a picture machine that can be used by anyone who wants copies or enlargements made from their personal photos. Like the machines seen at local stores, users scan in their photo and select an output option to make print copies. The cost is \$5 per sheet, and a pro is on hand to offer instruction on the use of the machine.

Photo sessions are by appointment only and are open to all those on base, with Saturday sittings available. For more information, call (813)828-4413.

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# **NEWS**VIEWS

### Holloman Volunteer Captures National Award

By Airman 1st Class Vanessa LaBoy 49th Fighter Wing Public Affairs

HOLLOMAN AIR FORCE BASE, N.M. (ACCNS) -- A
Holloman Youth and Teen Center volunteer won the Jackie
Joyner-Kersee Volunteer Award Nov. 16.

Colene Hayden, married to Staff Sgt. Scott Hayden, a crew chief with the fire protection flight of the 49th Civil Engineer Squadron, won the award, which is presented to volunteers who contribute their time, resources and enthusiasm to support girls' sports in the Boys and Girls Clubs of America.

"I'm very thankful for the award," Mrs. Hayden said. "I can't express the way I felt when I knew someone else cared enough to put me in for it and recognize what I did."

In the fall of 2001, Mrs. Hayden coached Holloman's under-10 girls' soccer team, Colene's Angels, and assumed the coaching position for the under-12 girls' team, the White Tigers, while their coach was deployed – all while nine-months pregnant.

"Hayden sets herself apart from the other volunteers because of her total commitment to the girls and the sport," said Cheryl Cilles, a 49th Services Squadron sports specialist.

"She's not just about winning. She teaches the girls good sportsmanship and the fundamentals of the game. If they win, that's a bonus," she said.

"Coach Hayden would always encourage us before, during and after the game," said Kaitlyn Lamb, a player for the Angels. "She would always say to us 'You guys are doing really good, and as long as you try your hardest, I will always be proud of all of you."

Mrs. Hayden also dedicated herself to the parents of her players.

"Every parent pays the same amount to see their children get their time on the field," Mrs. Hayden said. "Each child deserves to play the same amount of time. They were all all-stars and were all winners to me no matter what."



Colene Hayden, a Holloman Youth and Teen Center volunteer, coaches her under-12 girls' soccer team, the White Tigers, in 2001. Hayden coached two soccer teams and won the Jackie Joyner-Kersee Volunteer Award. (Courtesy Photo)

Mrs. Hayden coached two teams, a total of 20 girls. For the love of the children and the game, she dedicated four hours for practice and two and a half hours each week for games. Not even child labor would make her miss a game or practice.

"When I was pregnant with my third child, I went to practice that Tuesday night and was in labor the whole practice," Mrs. Hayden said. "I had my son 5 a. m. Wednesday, and was out of the hospital in time for practice Thursday, and I didn't miss the game that Saturday."

"It's an awesome award," she said. "I'm going to hang it on my wall next to my soccer ball that all the girls sign every year. I don't need a plaque or pat on the back saying thank you. As long as the girls learned something and have a smile on their faces, that's the reward I need."

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# Honor Guard Carries on Tradition at Columbus

By Airman Alexis Lloyd 14th Flying Training Wing Public Affairs

COLUMBUS AIR FORCE BASE, Miss. (AETCNS) -- He slowly brings up his hand to salute the deceased in a blue casket while family and friends dressed in black mourn their loss -- another hero has passed from this world.

Columbus Honor Guard members and the East Mississippi Community College mortuary class gathered outside the community center here Monday for a simulated funeral.

The EMCC class played the role of the deceased's family and friends.

The class wanted to learn how military funerals honor those who have served.

"The Air Force has always been of the highest professionalism," said Don Webb, EMCC program director. "They are really second to none."

The casket draped with the American flag is carried from the hearse to the gravesite.

At the site, the honor guard folds the flag. The flag is handed to the officer or NCO in charge, and then the bearers are dismissed. After passing the flag, an Air Force chaplain, or a chaplain of the family's choosing, leads the prayer.

At the conclusion of the prayer, the 21-gun salute is performed. The three rounds of seven volleys symbolize the Father, the Son and the Holy Ghost, a tradition started during the Civil War that continues today.

The playing of Taps concludes the ceremony. Then, the flag is presented to the spouse or a family member.

"[The simulated funeral] was a great way to support the community and to show supervisors what their troops are doing," said Staff. Sgt. Rhonda Knipmeyer of the 14th Services Division.



Second Lt. Ryan Andrews, honor guard officer in charge, watches bearers fold the flag during a practice funeral Dec. 2 at Columbus Air Force Base, Miss. (U.S. Air Force photo by Tech. Sgt. Jim Moser)



Senior Airman Travares Dozier (from left), Senior Airman Holly Ewings and Airman 1st Class Jennifer Rossin salute during a practice funeral Dec. 2 at Columbus Air Force Base, Miss. (U.S. Air Force photo by Airman Alexis

Lloyd)



Airman Jacob Rewerts plays Taps during a simulated funeral Dec. 2 at Columbus Air Force Base, Miss.

(U.S. Air Force photo by Tech. Sgt. Jim Moser)

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# Patrick Volunteers "Furnish" Assistance To CDC

By Mary E. Bell 45th SVS/SVK

Patrick Air Force Base, Fla., --- Parents who dropped off and picked up their children at the Child Development Center (CDC) a few weeks ago remember seeing the mass accumulations of boxes in the lobby as they maneuvered their child to the classrooms. Curious little eyes viewed over 200 boxes of new modular furniture, which recently arrived at the CDC. All of the furniture has been assembled thanks to a variety of volunteers who made the transfer in record time according to the staff.

Volunteers from other organizations provided their time and energy to this project. Tech. Sgt. Donald Lake, Staff Sgt. Jerry Dail and Tech. Sgt. Shawn McCarty of the 333rd Recruiting Squadron, happily assisted. Since the teachers must remain with the children in their care, they are not able to do some of the things like putting the furniture together while the children are present.

Parent volunteers like Staff Sgt. Armando Daniel of the 45th Security Forces Combat Arms and his wife, Shirley C. Daniel, a student, give their time through the week and on weekends. Mrs. Daniel, who also works and volunteers at the base Dental Clinic saw a flyer in the CDC stating that volunteers were needed to help put the children's furniture together. She signed up to help. Armando who is often off during the week, came in every once in a while to help.

The Dyncorp Technical Services, Patrick Support Division here on base, came over during their lunch break and helped. "Xiomara Vaske, one of our parents organized 12 men from DynCorp to come with her to help put the shelves together," said Sue Pollock, CDC training and curriculum specialist.

In all, about 19 volunteers not affiliated with the CDC in any way helped with this venture because they heard about the need for volunteers. Together with about 15 or more parent volunteers, the furniture was assembled and placed in the classrooms.

Funds for the furniture came from fallout resources.

"When Brig. Gen. Paylovich prioritized the distribution of the



Armando and Shirley Daniel above were among more than two-dozen parents and other volunteers who helped assemble furniture recently purchased for the Child Development Center (CDC). The Daniels have been at Patrick Air Force Base about a year and a half, and they are extremely happy with the care their son and all the children receive at the CDC.

fallout funds, he made sure the money went where it was needed. We really appreciate it," says Pam Jordan, CDC Director. Almost \$30,000 went into purchasing the muchneeded new furniture for the children. "If it were not for Sue's (Pollock) help in organizing all the volunteers both parents and other organizations, this project would have taken much, much longer. The children immediately noticed the difference and they are excited," added Jordan.

"I just love all our volunteers," commented Pollock. "We actually had some parents went out and bought some tools and donated them to the center so that the tools would be here for future use. We didn't have enough tools to go around for that many volunteers."

The Daniels have been extremely happy with the CDC and staff. Isaac, their son is about 2 years of age and he's been at the CDC about a year. "I wouldn't have my son anywhere else," stated Mrs. Daniel. "Isaac's social skills have really developed since he started going to the CDC."

"I know I speak for a lot of parents I talk to when I say that we wouldn't be able to do our jobs comfortably at work if it wasn't for these guys (CDC staff) here taking care of our most prized possession – our kids. If I worried about my son all the time, I wouldn't be able to perform my job. I know that he's in good hands every day, so it's great," stressed Daniel, as he agreed with his wife.

It's easy to see why parents like the Daniels volunteer their time. They appear happy with the results they see in their son. "We like to stay involved with our child's progress. Isaac loves his teachers and they take good care of him," states the Daniels. They feel that this is the least that they can do.

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# **NEWS**VIEWS

# Services Auctions Off Unclaimed 'Treasures

By Rudy Purificato 311th Human Systems Wing

Brooks Air Force Base, Texas -- Bargain hunters blessed with insight on value when viewing apparent junk as treasure will be given an unprecedented opportunity in February when the 311th Services Division auctions off unclaimed motorized vehicles.

Cars, trucks, boats and recreational vehicles are among unclaimed property at Outdoor Recreation's storage facility that will be sold to the highest bidders during a sealed bid auction planned for early February 2003.

"This is an opportunity for us to sellabandoned or unclaimed vehicles that have been stored for years at the Vehicle Storage Site. Military personnel, civilians and retirees who have Department of Defense identification cards are eligible to bid in the auction," said Capt. James Rumbley, 311th Services Division deputy commander.

Services will announce early next year when bidders can view property to be auctioned. "They'll be given time to look at the items and make their bids," Rumbley said, explaining that Outdoor Recreation specialist Dennis Chapoy will help facilitate the auction at the site located on the old flight linenear Outdoor Recreation's headquarters at Bldg. 1154. At the site entry point, bidders will be given a property list identifying vehicles by lot number. After viewing the property, auction participants will mark their bids on the list to be turned into Chapoy who will immediately seal them. Services will announce the winning bids by the end of February.

The money raised from the auction will help pay unpaid storage lot fees.

"Early last year we began the legal process of trying to find the owners of property that appears to have been abandoned," Rumbley noted. About 50 motorized vehicles have been identified as unclaimed property. Last week, the 311th Security Forces Squadron began impoundment procedures.

"Registered letters have been sent to the owners' last known addresses. They have 60 days to respond," Rumbley said.

Should these owners fail to respond by either paying storage fees or removing their property from the lot, their vehicles will be sold at auction.Rumbley suspects that some owners may



A stored Jaguar gets a second look in preparation for Outdoor Recreation's auction planned for February.

(Photo by Rudy Purificato)



Dennis Chapoy and Capt. James Rumbley examine a boat that is expected to be part of an Outdoor Recreation auction in February.

(Photo by Rudy Purificato)



Dennis Chapoy and Capt. James Rumbley check the lock on a camper trailer at the vehicle storage lot at brooks. The camper is one of many items expected to be auctioned in February.

(Photo by Rudy Purificato)

have died without having previously informed family members that they had vehicles stored at Brooks.

"We're not trying to make money. What we want to do is remove the property due to space limitations. It (site) is not a junk yard, but a professionally run storage lot," Rumbley said.

Auctioned material will free up valuable parking space that can be used by future customers.

"At \$15 per month, we are the cheapest in town in terms of outdoor storage fees," Rumbley noted.

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### Visiting Chef Shares Secrets at Travis AFB



Travis AFB, Calif. -- Jimmy Corwell, a Certified Executive Chef from the Culinary Institute of America at Greystone in Napa Valley, discusses the preparation of shallots to Airman Jessica Fredline and Airman 1st Class Christopher Johnson both members of the 60th Services Squadron, as well as Ms. Trinette Williamson from Pride Industries at the Golden Hills Dining Hall on Travis Air Force Base, Calif., Dec. 11, 2002. Corwell, CEC, is a visiting chef instructing the cooks from the 60th SVS Squadron in preparation for the upcoming Hennessey Award. (U.S. Air Force photo by Ms. Kristina P. Cilia)

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# NEWS VIEWS

### Misawa's Teens Benefit from Young Adult Forum

By Melissa M. Stockstill 35th Services Squadron

Misawa Air Base, Japan -- Adults at Misawa Air Base realize the way they speak to teens affects the way these young adults feel about themselves and others. Recently, the 35th Services Squadron and base leaders hosted a Young Adult Forum.

The event gave teens an opportunity to voice concerns and get answers to questions. Senior leaders used the forum to maintain positive dialogue and open communication with Misawa's teens, while Services used the information to collect feedback for decisions about youth programs.

According to Ms. Sara Jones, flight chief, Family Member Programs, this particular meeting was unique from those in the past.

"This forum was different because we encouraged the teens to fill out a survey. By receiving the survey information, we can tailor our programs to fit the needs of Misawa's teens. We now have the means to find out if teens truly want field trips, different hours of operations or special activities. I am really looking forward to the results," she said.

During the forum, teens' questions ran the gamut from new fitness equipment at the Potter Fitness Center to starting a dance/drill team.

A concerned teen asked 35th Fighter Wing Commander, Brig. Gen. Dana T. Atkins, about the measures he was taking to reduce the consumption of alcohol among teens.

"The first thing I plan on doing is looking at parents right in the eye and ask them if they know what their kids are doing. Leadership cannot do everything, but with parents' help, we can all make a difference," Atkins replied. "The best solution is to challenge parents to be the best they can possibly be."

This teen forum was special because it gave base leadership an opportunity to tackle question after question with thorough, informative answers. The forum also gave the Family Members Flight managers an opportunity for deeper insight into the needs and wants of Misawa's teens through the use of surveys. The answers gained from the surveys will provide long-term results in everything from hours of operations to events. This is just one more example of the quality and excellence the 35th Services Squadron provides to its customers.



Sara Jones, Family Member Programs
Flight Chief, explains how the survey's
answers will benefit both the Family
Member Programs managers plan and
tailor events to meet teens' needs. (Photo
by A1C Mary E. Weaver, 35 CS, Misawa
AB, Japan)



Shantel U. Arrington-Johnson, a high school student at Misawa AB, directs her question regarding entertainment diversity to base leaders in attendance. (Photo by A1C Mary E. Weaver, 35 CS, Misawa AB, Japan)

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### Dover Mortuary Control Center Prepares for Worst Case Scenario

By Tech. Sgt. Paul A. Fazzini 436th Airlift Wing Public Affairs

DOVER AIR FORCE BASE, Del. (AMCNS) – It's something almost no one, except the enemy, would ever want to see happen here, but it's something the members of the Charles C. Carson Center for Mortuary Affairs must be be ready for – the arrival of large numbers of casualties.

As part of mass casualty exercise Dec. 6, personnel at Dover simulated the reception of approximately 200 human remains transported by C-5 and C-17 aircraft. The exercise was designed to prepare mortuary staff and the Mortuary Control Center team for such an event.

According to Maj. Jeff Yocum, 436th Services Squadron commander and a leader of the MCC, the exercise allowed the team to "scrub" through the base's Operating Instruction.

"The OI is several years old, so this exercise was important because it gave us an opportunity to look at each units' responsibilities, fine tune them, and make corrections," he said.

"This exercise, however, wasn't important just because of the age of the current instructions or even because of the dignity required by the operation, it's important because doing the job right affects the psyche of the American people," said Col. Charles P. Smiley, 436th Mission Support Group commander.

The exercise began at 9 a.m., when the MCC was activated. More than 25 Dover Team members represented nearly every group or unit on base. Some of the key areas the MCC staff focused on involved aircraft arrival and parking, transferring the remains from the aircraft to trucks for transport to the mortuary, arrival ceremonies, support to family members of the deceased servicemembers, media requirements, contracting and finance issues, and critical incident stress management.

"We wanted to make sure we addressed and account for all the little details of this operation," said Lt. Col. Bruce Bush, U.S. Air Force Services Agency director of programs, who traveled from Randolph Air Force Base, Texas, to attend the exercise. "The Air Force is very good at mortuary operations because we account for everything."

Some of the scenarios presented helped generate discussions one might not consider by just reading the OI. For instance, the first "simulated" aircraft to arrive to Dover had only one deceased Air Force servicemember on board, but it also had one Navy, 18 Marine, and 50 Army remains. The high number of remains on board generated a lengthy discussion surrounding how many trucks it would take to move the remains to the mortuary. It also caused the Contracting Squadron representative to jump into action to locate the needed number of vehicles.

The fact that several military services were represented on that first aircraft also posed questions concerning what type of ceremony should be provided. From there, the team began talking about the families and how they should be cared for.

It wasn't just the arrival that generated discussions. Where the remains processing and identification team would be lodged, where they would eat, and how and where they could step away from the operation if the stress of it all got too high was also considered.

Overall, it was the free flow of information that made the tabletop exercise so good.

"The level of support the (436th) Aerial Port would have to play in a mass casualty event wasn't clearly defined in the operating instruction," said Capt. Lionel Rodriguez, 436th Aerial Port Squadron combat readiness and resource flight commander. "This exercise enabled us to see exactly how much of a role we would play, and it's significant."

"Overall, it was enlightening for everyone involved," said Bill Zwicharowski, acting mortuary officer. "Anytime you can get all the gears going at the same time, you're going to be able to train hard. And, training hard is one of the best ways to ensure you do the job right and you do it efficiently as possible."

According to Smiley, the end product of this exercise isn't just a good operating instruction. "It's doing the right thing for the families."

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## Misawa's Torch Club Donates to Community with Angel Tree

By Melissa Stockstill 35th Services Squadron

Misawa Air Base, Japan - Since 2000, the Angel Tree has helped the Torch Club generate hundreds of toy donations to 4th, 5th and 6th graders at Obuchi Elementary School, a low-income Japanese school here. True to their tradition, the Torch Club creates the Angel Tree by decorating a Christmas tree with representations of boys and girls who attend the Japanese school. The club members label each "ornament" with the sex and age of a potential recipient.

"Traditionally, we have had a wonderful response to this charity event. Last year the community donated more than enough toys to the children," said Vera Metoyer, recreation aid supervisor and Torch Club coordinator.

The Torch Club encouraged Misawans to contribute at least one toy. Once the community's donations have been collected, club members take great care to separate the gifts by category and travel by bus to personally deliver the gifts.

"I was so impressed with the Torch Club kids last year when they delivered the toys. They knew that this was serious. The Japanese children were so touched by the donations they ran behind our bus while we were driving away. They were crying; we were crying. The event really inspired our members to use their lives and to reap the rewards that come from giving to others," said Metoyer.

The Angel Tree did more than just make the kids feel good about a charitable act. It also helped the club win a major award. Last year this event catapulted the Lunney Youth Center's Torch Club to 4th place in the Boys & Girls Club worldwide. All Torch Clubs have to do a major community service event, but the Angel Tree is exclusive to Misawa in Pacific Air Forces. Despite all of the awards, the kids eagerly await their third opportunity to play guardian angel to those in need.

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# **NEWS**VIEWS

### The Landings Club Stirs up Creative Talent

By Tammy Stock 436th Services Squadron

Dover Air Force Base, Del. -- The Landings club's chefs and bartenders exposed their talent during the chefs' and bartenders' competition. These events gave chefs and bartenders at the Landings club a great opportunity to shine with their best performance for the customers.

Tim Kafel, the Landings club manager said "the whole purpose of these events is to encourage our staff to develop their creativity and show their talent in different ways."

The judging criteria for the chef's competition was based on food preparation, chef's description and presentation, chef's appearance, taste, and originality.

Leroy Gibson, winner of the chef's competition impressed the judges presenting a Maryland crab soup, Leroy's special 3-way salad, smothered chicken breast over linguine with an oriental blend, and finished off with his own special dessert: "Sweet", marinated berries over pound cake with a touch of mint.

According to Kafel, Gibson enchanted the audience with a culinary atmosphere starting with light jazz playing in the background.

Four Landings club's bartenders showed their professionalism with creative colorful drinks.

"This competition is fun because the club's staff is like a family," said Rashwan Packwood, winner of the bartender's competition. "If you show professionalism, that you are outgoing, and courteous, customers will feel this is the place to be."

According to Kafel, Packwood impressed the panel of judges with his bar knowledge and his specialty drink Electric Lemonade.

Also, Betsy Schrack, Chris McClay and Juan Davilla impressed the panel of judges with their creative bartender's abilities.

"All the competitors demonstrated their flare with assortment of drinks," said Kafel.

Kafel said the Landings club is planning to have this kind of events every six months, for the chefs, bartenders and eventually will have one for the servers, so they all can compete for cash prizes.



Rashawn Packwood, prepared his specialty drink, Electric Lemonade.
Packwood is a bartender at the Landings club.
(Photo by Tammy Stock)

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# **NEWS**VIEWS

## School-age Olympics Builds Teamwork,

#### Courtesy 436th Services Squadron

DOVER Air Force Base, Del. -- More than 80 children participated in the Before and After School Age Program Youth Center Olympics Nov. 5- 8. The event is designed to allow children to compete in various areas of interest, as well as socialize and work together.

The children of the "Banner Kids" group, supervised by Kenya Alston, School Age Program Assistant, led the opening flag ceremonies of the games. They performed "The Banner Waves", written by Charles Gibbs, entirely in sign language.

"Sign language is universal, interesting, and basically easy to learn," said Bonnie McGill, School Age Coordinator. "Children at the Youth Center are encouraged to learn new ways of expressing themselves."

Some of the competitions during the Olympics were the obstacle course, building contest, popcorn pick-up race, youthanaire game (similar to "Who Wants to Be a Millionaire"), and a spaghetti-eating contest.

"The popcorn pick-up race was my favorite competition because we had to pick up popcorn and got to eat them," said Okayla Ellis, age 6. "I liked the activities because they are always fun. Six of my friends played with me."

In addition to other activities, the marshmallow architectural game proved to be a fun challenge.

"I had to build a structure with toothpicks and marshmallows and make it stand by itself within a certain time," said Jasmine Lyles age 10.

The games were based on children's ideas and their areas of interest. Each School Age Program Assistant, along with the children, had to design games for their groups.

"Staff and children planned activities and events for approximately a month in advance," said McGill. "They really got excited about all of the different games and what they wanted to sign up for."

All participants were equally awarded with a certificate of achievement.

"The purpose of these activities is to promote harmony between the School Age Program Assistants and the children by working



Rocket builders: The rocket-making event conducted by Wendy Jones, School Age Program assistant, was based on science and math skills. The games were designed on children's ideas and their areas of interest.

(Photo by YAC Staff)

together," said Gary Winings, YAC director. "Everyone was recognized for their great effort playing the games."

According to Wendy Jones, SAP assistant, the kids had a blast and liked the Olympics because of the variety of games.

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# **NEWS**VIEWS

### Giving Back to the Community

Tammy Stock 436th Services Squadron

DOVER Air Force Base, Del. -- The holiday season is the time of the year when local support agencies need our community help the most.

For forty Dover Team runners and walkers this was a great reason to get out on a cold and breezy morning of Nov. 20 to complete the 5k Turkey Trot with a smile. The race started in front of the Fitness Center and covered 5k around the base.

"In order to take part in the Turkey Trot, each participant brought in a non-perishable food item," said Lathan. "For three years, the Fitness Center has donated the items to The Sheperd Place.

The Sheperd Place has been part of Dover's local support facilities helping homeless people for thirteen years.

In addition, SrA Michiel Perrault, 436th Services Squadron fitness specialist, said, "Donating all the canned goods we received from the race is a way to give back to the less fortunate in our community and is one of the ways the base gets involved with the local support agencies."

Once all the participants completed the race, Major Jeff Yocum, 436th Services Squadron commander, presented the awards to the winners.

The first place male and female winners each received a turkey.

The winner for the male runner category was John Wayne with a finishing time of nineteen minutes and forty-three seconds.

Captain Maureen Farrell, 436th ADOS, won the female runner category with a time of twenty-two minutes and fifty one seconds

Tech Sgt. Jan Beck, 436th LRS Squadron, pointed out that the great thing about an event like this is that everyone is welcome regardless of athletic ability or training to give something back to the community.

According to 1st Lt. Mark Lathan, Fitness Center director, the Fitness Center also collects children's gift donations to brighten the holidays for some local shelters during our annual December Gallop for Gifts 5K.



Major Jeff Yocum, 436th Services Squadron commander, presents the first place prize of the 5K Turkey Trot female category to Capt. Maureen Farrell, 436th Aero Dental Medical Squadron. (Photo by Tammy Stock)

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### Grissom Dining Facility Receives Facelift

By Melissa M. Stockstill 35th Services Squadron

Misawa Air Base, Japan -- Even though the Grissom
Dining Facility serves some of the most appetizing food in
the Air Force, these dedicated culinary professionals
realized there is something to be said for ambiance.
Thanks to the support of 35th Fighter Wing Commander,
Brig Gen Dana T. Atkins, 35th Mission Support Group
Commander Col. Richard Howell, 35th Services
commander, Maj. Liza Parr, Command Chief Master Sgt.
Charles Clymer and Senior Airman David Hardin.
Grissom's staff undertook a major self-help renovation
project that took over 650 man-hours to complete and
saved the Air Force over \$64,000 in contract cost.

"I am really proud of the staff because they took it upon themselves to operate normal operations and work after duty time to complete the project. Before the project even began we tirelessly researched the latest trends that would entice our meal card customers to eat here," said MSgt Tony Flowers, Grissom Dining Facility manager.

Some of the innovative changes to the Grissom include a Cracker Barrel style self-serve food court in the dining area which made "Grab-N-Go" meals available to customers 24-hours a day.

"There are always peak times where things can get hectic. By offering the meals to customers 24-hours a day, the busy times become more streamlined and manning can be stretched to cover 24-hour operation while keeping a smooth flow of customers," said Flowers.

In addition to the self-serve area, the Grissom staff also developed the Sports Pub which allows customers to watch various sports on three large screen televisions and two overhead televisions 24-hours a day. To enhance the sports atmosphere, the staff decorated the area with NFL table-covers, sport shadow boxes and flags. Even the menu for the pub reflects the sporty atmosphere. Customers may order specialty items like the NBA platter consisting of cheese sticks with marinara sauce, nachos & cheese and hot chicken wings with ranch dressing.

Finally, the dining facility staff designed a Cyber Cafe' complete with four flat-screen computers for customers. The Cyber Café allows computer-minded airmen to keep

#### **Sports Pub**



**Before** 



After

#### **Grab-N-Go**



**Before** 



During

up with current events or diligent pupils to study in their spare time. This section of the dining facility comes complete with a wrap-around booth for dining or studying and a sofa where airmen can relax and read while waiting to surf the Internet.

All of the changes to this facility add up to a brand-new, interactive dining experience for meal cardholders.



After

#### **Cyber Cafe**







After



After



After

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### **NEWS**VIEWS

# Kadena Hosts 6th Annual Discover Recreation, Leisure and Travel Expo

By Nancy Tamez 18th Services Marketing

Kadena Air Base, Okinawa, Japan -- Kadena Services hosted its 6th Annual Discover Recreation, Leisure and Travel Expo on Nov 9. The Expo provided on- and off-base leisure providers the opportunity to showcase their facilities and services with booths, displays and demonstrations.

Kadena Information, Tickets and Travel and the Recreation, Education, Awareness, Community, and Hub Center worked with Services Marketing to secure 17 official sponsors and 25 vendors for the event. Giveaways included trips to Hong Kong, San Francisco and Hawaii. Resort giveaways included Club Med Kabira, Club Med Ishigaki, YYY Club le Resort, and hotel stays at Garden Hotel, Pricia Resort Yoron, and Hotel Nikko Alivila to name a few.

According to April Marling of Kadena ITT, contacting vendors began in August and marketing played a large role in securing sponsorship for the event. She said that the event was a huge success with over 5,000 participants and attributes this success to advertising in Venture magazine, Shogun Newspaper, on American Forces Network and the base marquee.

Kadena Services vendors included the Aero Club, Kadena ITT, Okuma reservation office, Outdoor Recreation (aquatics, balloon center, Kadena Marina, Karing Kennels and Paintball), REACH Center, Risner Fitness Center, and Skills Development (Arts & Crafts Center and Auto Skills).

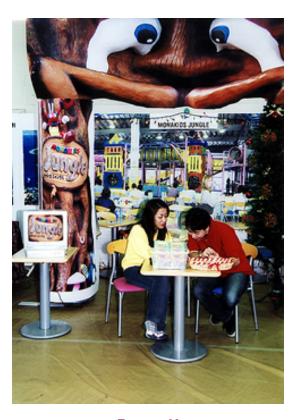
Entertainment was provided by Services Youth Center and included performances in ballet, tap dance, karate, gymnastics, mini-trampoline, dancing, and martial arts.

The Expo passport was an added feature that offered participants another chance to win fabulous prizes. Once a participant received 15 stamps or more on the passport, they were eligible for a surprise giveaway.









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# NEWS VIEWS

### ACC Preteens Pull an All-Nighter By Deb Willey, HQ ACC/SVPF

Nellis Air Force Base, Nev. -- The Air Combat Command hosted its third annual Preteen Lock-in during the month of October. A night full of fun, food, and friends was offered to youth nine to 12 years of age.

Events included staff versus youth challenges, youth center competitive events and activities, as well as base-to-base challenges. After-action reports from the bases consistently noted the popularity of the base challenges. The preteens enjoyed talking and interacting with youth from other bases.

The event was held on Oct. 4 and Oct. 12 and bases were given their choice of days. There was an even split between the two days. The head quarters ACC/Family Member Programs staff developed a program guide to assist the youth centers in planning and conducting the event. The guide included program goals, marketing strategies, sample press releases, command-wide and base challenge events, a master score sheet, and a number of suggested games and activities. Challenge events, games, and activities were based on inputs provided by youth center staffs. Air Combat Command also funded the promotional give-a-ways (t-shirts, backpacks, etc.) which were purchased from Advisables.

Bases also competed against each other to attain the highest overall score. Points were awarded for the Lock-in events as well as participation in other youth programs. For example a base received points for having a chartered Torch Club, sponsoring a Boys and Girls Club fine arts exhibit or photography contest, and conducting a successful Boys and Girls Club program with more than 50 participants. The Nellis Youth Program won first place this year with a score of 67 out of a possible 76 points. They were awarded a plaque and money for a preteen party.

The Preteen Lock-ins has grown in popularity. This year more than 1,009 youth participated throughout the command! Lockins offer youth the opportunity to build social competencies, contribute to the planning and execution of the program, connect with other youth, and see staff as role models. A staff member from Holloman wrapped it up nicely by noting, "The preteens truly had a blast"!



Preteens interact during the third annual Preteen Lock-in hosted at Air Combat Command.



Young girls participated in the many events offered at the Preteen Lock-in.

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### NEWS VIEWS

### CDC Makes Learning A Completely Natural Experience

by Tech. Sgt. Andre Nicholson Public Affairs

HURLBURT FIELD, Fla. -- Staff members at the Hurlburt Field Child Development Center, do just what their title implies – help with the development of children.

The center, which teaches children from six months to 5-yearsold, offers several activities that lay a foundation for academic success when the children are older, said Donna Love, CDC director.

One of the newest projects being developed at the CDC is a schoolyard habitat/nature trail, which Love said she's extremely excited about.

The first part of the project – the schoolyard habitat will display a butterfly garden, a wildflower garden, a greenhouse, a pond and a bog, she said.

Although the CDC has gardens on every playground, they wanted to create an outdoor area where the children could see the birds, squirrels, butterflies, fish, insects, lizards and flowers, learn their names and even conduct observations and experiments, Love said.

"We understand that many of our parents work long hours and don't have time when they get home to go with their children to a park, playground or even into the backyard," she said. "By the time they prepare and eat dinner, it's time for the child to go to bed. And we want every child who comes to the CDC to have the opportunity to learn things, like planting seeds and watching them grow."

The center has even allowed the children to grow pumpkins. Every day they would measure the pumpkin to see if it had grown and the teachers would help them keep a record of the changes in color, size and shape, Love said.

Providing the children with this type of hands on learning lays the foundation for their future studies in subjects like zoology, botany and math, said Love.

Also, just as important "Is it helps our children learn to appreciate the environment and hopefully become good stewards of it when they are older," she said.



One of the newest projects being developed at the Hurlburt Field CDC is a schoolyard habitat/nature trail.

The center plans to submit the schoolyard habitat to the National Wildlife Federation so it can become certified once it's complete, Love said. "This will be the first Air Force Child Development Center with a certified schoolyard habitat."

After the completion of the habitat, the center will start building a nature trail along the back fence of the CDC playground.

The nature trail will have informational stops along the trail so adults and children can learn about the plants and animals, Love said.

The entire project is the work of several organizations including the civil engineer squadron, the Air Force Sergeants Association, 16th Supply Squadron, 823rd RED HORSE Squadron, parents and the CDC staff, she said. And the Hurlburt Officers' Spouses' Club even provided the funding for the pond and bog.

Love encourages adults as well as children to visit the nature trail once it's complete and experience what the children at the CDC will witness everyday.

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### **NEWS**VIEWS

### Minot's Dining Facility Recognized by Høstfest Committee

by Gary Eiland 5th Services Squadron Marketing Dept. Minot AFB, North Dakota

MINOT Air Force Base, N.D. -- In November 2002, members of Minot Air Force Base's Dakota Inn dining facility were recognized and thanked by the Norsk Høstfest committee for their outstanding contributions to the most recent festivities.

The Norsk Høstfest is North America's largest Scandinavian festival and it's held in Minot, North Dakota. It started in Minot in 1978 as a one-day event and has grown into an annual, international gathering.

Høstfest chairman Chester Reiten personally recognized members of the dining facility in a ceremony at the Scandinavian Heritage Center. This was the 25th anniversary of the Høstfest celebration.

Tech. Sgt. Alan Thomas, director of Minot AFB's dining facility and flight kitchen, accepted awards along with the Dakota Inn staff.

Dakota Inn personnel dedicated many hours as they assisted in the preparation and cooking of prepared Norwegian salmon, Icelandic cod with an orange glaze, boiled new potatoes, creamed vegetables and fish soup.

Minot Air Force Base servicemembers and Minot area volunteers participate in this event annually. This year, 239 members of the Minot community volunteered their services to help make the event successful. Of the 239 volunteers, 182 were Minot Air Force Base service members.

The only people from the base who were personally recognized for their efforts were the members of the dining facility staff.

During the award ceremony, Reiten told the assembled guests about four airmen who had volunteered to help with this year's Høstfest who were suddenly called up to go on a deployment.

The airmen felt so strongly about volunteering that they found four other people to take their place to help during the Høstfest. "That's just one example of the kind of dedication demonstrated by Minot Air Force Base's servicemembers," said Reiten. "This was a great opportunity for everyone, especially the younger airmen, to work along side world-renowned chefs," said Tech Sgt. Thomas. "We had the chance to learn new recipes and techniques that are not commonly seen in a typical Air



Norsk Høstfest chairman Chester Reiten (right) presents letter of recognition to Tech. Sgt. Alan Thomas, director of Minot AFB's dining facility and flight kitchen. (Photo by Gary Eiland)

Force dining facility," Thomas added.

"The chefs and everyone associated with the event were great. It really proved to me that there's a strong bond between the base and Minot's local community. The chefs that volunteered all agreed that this was a great experience and they'll definitely volunteer again next year," said Thomas.

North Dakota is located in the center of the continent's Scandinavian population, and Minot is the permanent home of the Scandinavian-American Hall of Fame. The Scandinavian-American Hall of Fame honors those persons of Scandinavian descent in North America who have achieved greatness or have contributed significantly to mankind.

The festival took place Oct. 8-12 at Minot's Scandinavian Heritage Center and featured folk dances, music, heritage displays and a wide variety of Scandinavian foods. Over 60,000 people attended this year's event. Over the years, many celebrities have been invited to entertain at the festival.

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# FilmessaSports

### Fitness & Wellness Centers Team Up to Revitalize a Failing Heart

by Nick Stubbs

MacDill Air Force Base, Fla. -- Imagine your heart is so damaged it beats at just 10 times a minute. You are as close to death as a human can be, and your only hope is that a call will come, informing you that a suitable donor heart has been found. That was Roy White nine weeks ago.

The retired Air Force senior master sergeant could do little but hope he wouldn't expire before the call came in. At least, that's what he thought. But his doctors decided to see just how much heart the 66-year-old still had left in him. They referred White to the base Wellness Center for what many might have thought to be a suicide mission -- a workout regimen of cardiovascular exercises, weight training and stretching exercise. However, with a heart that pumped a single shot of blood through his body just once every six seconds, would such stress do him in?

The experts at the Wellness Center were not as worried. So with a defibrillator installed in his chest to deal with irregularities and a desire to do something to improve his health, White embarked on a fitness program tailored for his special needs. Today, he looks anything but frail. Flexing his biceps and noting how much more toned he is, White said "I feel great and I owe it all to these guys."

He referred to John Martin, an exercise physiologist and the head of the fitness program at the Wellness Center, and Paul Stubbs, fitness director of the Fitness Center. The two are working in tandem to do miracles, and White is one of their success stories.

After nine weeks of a program that ramped White up from simple stretching and body weight exercise, he now runs three times a week through a 45-minute routine that includes treadmill, free weights, weight machine training and flexibility workouts. He's come a long way.

"My doctors can't believe it," said White. "They think this is just a miracle."

Martin agrees the results are miraculous, but that is only because of simple science and physiology, he said. "The body responds positively to exercise," he added. "It's nature." Martin's job was to run a computer assessment of White's health and lay out a program for recovery and strengthening. It is the job of Stubbs to carry out the program, supervising for signs of stress or other warnings that would endanger White.

# **NEWS** VIEWS



Left to right, Paul Stubbs, heart patient Ray White and John Martin are in the gym at the Fitness Center. The two fitness pros helped White back from near death.

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As of today, White is able to do eight minutes on a treadmill and post an impressive heart rate of 80 beats per minute. When he started, half that time on the treadmill would send his rate to 150 beats or more. But it isn't just the aerobics that have made the difference. Far too many people overlook the value of weight training, said Stubbs. It is what sets this program apart from ordinary exercise programs for heart patients, which he believes put too much emphasis on the aerobics. Those are important, but so is the strengthening work, he said.

Martin agrees. He said it is especially important for the elderly, since they lose muscle mass as they age.

"A lot of times it (weight training) is left out of rehabilitation programs," said Martin. "Weight training is attached to body building, and it is hard for some people to see the value, but when you combine it with aerobics, it is very powerful medicine."

White says his goal isn't to feel as if he is 20 again, but he is experiencing levels of strength he believed he would never see again. "Without this, my quality of life would be nil," said White. "This is a second chance for me." White said he sleeps better, and he has returned to working part time. He noted one of the best parts is that people no longer treat him like a piece of fine china.

Stubbs said that is something many heart patients endure. "Everyone is afraid to do anything (for heart patients), and people are always treating you like a handicapped person," he said. "Even trainers often are hesitant to work with elderly heart patients," Stubbs said, "but, with a good training program, confidence and self-sufficiency can be realized in a short time. The important thing is to work with professionals qualified to implement and monitor the process," he added.

Martin has a master's degree in exercise science. Stubbs is certified by the American College of Sports Medicine. Both remind the active and retired that their expertise is free and available right on base. "There isn't any need to go somewhere and pay a lot of membership fees, when we have something like this right here on the base," said Stubbs.

Martin says anyone with a heart condition interested in the program should seek a referral from his or her doctor. Once an assessment of health and conditioning is made, a custom program like that established for White is set up and the work begins. Few will be worse off than White when he started, so there is little fear you will not qualify, Martin said.

But White reminded anyone who might consider such a program that it is not easy. The rewards are great, but the first two weeks were "worse than my basic training," he said. Now that he can feel the difference and his quality of life is so much better, he can't imagine lying around doing nothing and he can't thank his trainers enough. "They are the greatest, and they've been there for me."

### Base Scuba Course Offers Certification from Basic to Advanced By Nick Stubbs

MacDill Air Force Base, Fla. -- The six divers checked their regulators to make sure they were clear and working, cleaned their dive masks and checked off the rest of their gear as they sloshed around in the water preparing to dive. On the dive instructor's command, they slipped below the surface, crouching to get their heads under water. After all, it was the shallow end of the Officers Club pool.

Five of these divers were students of the basic dive course offered by Outdoor Recreation. The other diver was their instructor from Depth Perception, a dive shop located in Brandon, Florida.

This class marked the 128th student to go through the basic scuba training course, which started on base in May 2001. Outdoor Recreation also offers advanced scuba training, which is the next step, and provides divers with skills that include night diving, deeper-water diving and diving on wrecks.

Scott Hetrick, a recreation director on base, was one of the divers in the pool this evening. Already certified in basic scuba, he was helping with the class as part of his work toward an advanced certification. Hetrick said he wants to dive wrecks and explore deeper water.

"When I came to Florida I said this (scuba) is something I had to do," said Hetrick. "There is just so much opportunity here with the water."

Husband and wife Albert and Sylvia Zakaib are taking the class so they will be authorized to rent gear as they travel to diving destinations in the future.

Mrs. Zakaib said she and her husband, who is in the Army and temporarily assigned at MacDill, will be leaving soon, and plan to be in many parts of the world where there is great diving.

"We want to dive in many different places and, while we won't be buying our gear, we want to be able to rent it wherever we go and for that we must be certified," she said. Instructor Randy Murphy was filling in for the regular teacher and it was his first day teaching here. His shop has contracted to handle the teaching chores for the class and he's been an instructor with Depth Perception for seven years.

He rates this class as a good one, although he can recall a few in the past that had some questionable divers.



Students gather around instructor Randy Murphy, who goes over last-minute details before they take the plunge. photo by Nick Stubbs

"I had one student I couldn't get out of the shallow end of the pool," Murphy said. "I had another who on his first dive quit because he felt too confined in the gear."

But by far, most students follow through with the training by becoming active divers, he said. For most, there is a considerable investment in gear and a seriousness to use it.

Murphy said a couple of the more-common issues new divers have are clearing the pressure in their ears when going down and dealing with getting water in their mask. Until you can deal with both, you are "not comfortable underwater and you have to be comfortable." he said.

Staff Sgt. Chris Dion, 6th Security Forces Squadron, is another diver who already has a basic certification. He had not been diving for a few years, so he attended the class as a refresher. He is taking the advanced certification course and eventually wants to become a rescue diver.

"It's a great sport," said Dion. "There's nothing really like it."

The basic course is ongoing and involves class work that includes the math and calculation of diving as it relates to time and depth tables, safety and equipment usage and then the time in the water.

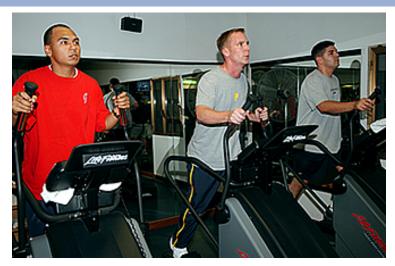
Murphy said students spend two and a half hours in the pool and then do two open-water dives, with two dives each day. The first open-water trip usually is to a lake to remove the elements of waves and currents, and the second is up to the individual instructor but usually is in the gulf, as most students will be saltwater diving.

"The saltwater is where all the marine life and the interesting things are for divers," said Murphy. Hetrick said diving can be a costly hobby, but that it isn't as bad as some. Outdoor Recreation doesn't rent gear but gives discounts to base members. There are a couple of shops including Depth Perception that will set a diver up with one tank, a buoyancy vest and wet suit for \$40, which he said is very reasonable.

Hetrick said another great thing about the base courses is they put divers in touch with each other.

"Diving is a social activity that is even better when a lot of people get together to do it," he said, adding that many of those who have been through the course regularly dive together in the gulf.

For more information about the diving courses, contact Outdoor Recreation at 828-4982.



AVIANO AIR BASE, Italy -- 31st Fighter Wing, community members, break a sweat working out their upper and lower bodies on the cross trainer. They choose from manual, random, hill, fat burn, cardio, cross trainer aerobics, and cross reverse modes. The exercisers also see their speeds, miles, heart rate, and calories burned as they train. The 31st Services Squadron fitness center offers free weights, machines, and cardio rooms to support the community, stay fit, combat ready.

(U.S. Air Force photo by Airman 1st Class Isaac G. L. Freeman)

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# Officer Gives New Meaning to 'Ironman Athlete'

By Melissa Hartle 325th Fighter Wing Public Affairs

TYNDALL AIR FORCE BASE, Fla. (AETCNS) -- Two years ago, he lay unconscious in a hospital bed at Bay Medical Center in Panama City, his body riddled with ink markings identifying viable organs for donation.

In early November, Brock Stephens, a first lieutenant assigned to the 325th Air Control Squadron, found himself again marked up. This time he welcomed the markings, which identified him as a participant in the Ironman Florida triathlon held in Panama City Beach.

How Stephens went from facing death only two years ago to finishing a race that consists of a 2.4-mile swim, 112-mile bike ride and 26.2-mile run is a story of motivation and perseverance.

"Shortly after the accident, before I could walk or run again, I decided I was going to enter an Ironman triathlon," said Stephens, who is an air battle manager instructor.

The accident he refers to happened in September 2000, when

he and a few friends were cycling on the shoulder of a local highway.

"There had only been one other car on the road that day," said Stephens. "I could hear the car approaching and the next thing I heard was the brakes locking up. I don't remember much else after that."

The vehicle, traveling more than 70 mph, hit Stephens from behind and threw him 87 feet into the air. He landed face down on the pavement and slid another 23 feet before coming to a stop.

The 17-year-old driver of the vehicle was later charged with reckless driving.

Stephens ended up in the hospital in critical condition and on life support for four days. Because of the scope of his injuries, he spent another 16 days in recovery at the hospital.

As a result of a closed-head injury, Stephens suffered pressure buildup on his brain, forcing doctors to perform a neurosurgical procedure, which left him with a temporary metal shunt protruding from his temple.

According to Stephens' orthopedic surgeon at Bay Medical Center, Dr. Chad Mitchell, such head injuries often take years to recover from and can even leave patients with permanent brain damage.

Stephens also had significant injury to his left leg. Surgery had to be performed to repair damage to his tibia and fibula, leaving a permanent 14-inch titanium rod with stainless steel screws implanted in his leg.

"My first concern was, 'Will I walk again?" said Stephens. It eventually took eight months of therapy before he could walk without crutches.

Two months into his recovery, Stephens, who had participated in a few short-distance triathlons prior to the accident, made the decision to participate in the Ironman.

"I thought it would be the ultimate comeback," he said.

His doctors were less optimistic.

"They said I might be able to run again, but they weren't very encouraging about my ability to do a triathlon," Stephens said.

"I didn't think he'd be running in an Ironman when I first saw him," said Dr. Mitchell. "He's had a lot to overcome, but he's done it." Brock Stephens overcame a nearly-fatal accident to compete in an Ironman competition. Despite a titanium rod that holds his leg together, Stephens' doctor didn't believe an Ironman triathlon was in the future of this air battle manager instructor.

(U.S. Air Force photo by Melissa Hartle)

Dr. Mitchell said that because of the extent of his injuries, coupled with some healing complications, Stephens' ability to participate in a triathlon this soon is impressive.

"Considering the circumstances, he's recovered pretty rapidly," the doctor said.

Although rapid, his recovery hasn't been easy. To get from that hospital bed to the finish line of the Ironman race, Stephens had to commit to regular physical therapy and a rigorous weekly training regimen, consisting of running 30-40 miles, cycling from 200-350 miles and swimming four to six miles.

H said the pain he endured during training paid off during the run portion of the race when fatigue began to set in.

"I motivated myself to continue by remembering all the pain I had gone through to get here," Stephens said.

That motivation got Stephens to the finish line in 12 hours, 19 minutes and 57 seconds. He came just shy of meeting the 12-hour goal he set for himself, but that doesn't discourage him from continuing.

"It just motivates me to be faster in my next Ironman," he said.

He has already registered for an Ironman race scheduled for June in Idaho.

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# Misawa Gets into Shape in Time for the Big Chill

By Melissa M. Stockstill 35th Services Squadron Misawa AB, Japan

Misawa Air Base, Japan -- No doubt about it, many Misawans consider themselves diehard skiers or snowboarders. But what happens when these seasoned athletes hit the slopes and discover they are exhausted by noon? Potter Fitness Center has the solution - Dry Land Ski/Snowboard Training.

Taught by coach Ice Ski, this program offers athletes the opportunity to develop the strength and coordination needed on the slopes.

"If skiing were all about having tree-trunk thighs, we could all be world-class skiers. However, this is not the case. This program concentrates on the core muscles that affect balance and agility," he said.

The program begins as a half hour workout and progressively builds into a full hour regime featuring weights, hurdles and plyometric exercises.

"In order to help my students develop fast-twitch muscles, I set up plyometric boxes of varying heights and encourage them to jump from one box to the next," he said.

From beginner to expert, athletes of diverse fitness levels can benefit from this training. Even if a student has never skied or snowboarded before, this course helps students develop the endurance needed to make the first day of the season easier.

"Anyone can sit on their couch all year, hit the slopes and have a decent time when winter arrives. If you are looking to reduce the likelihood of injury and take your skiing or snowboarding to the next level, you need this class," said Ice Ski.

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Tech. Sgt. Kelly Schell performs a variety of exercises including plyometric box jumping, mini-hurdle jumping and running through cones as well as core fitness exercises.

(Photo by A1C Mary E. Weaver, 35 CS, Misawa AB, Japan)

# They're not protesting. They're advertising!

Misawa Air Base, Japan -- Recently, the 35th Services Squadron's Marketing Team and their trusty mascot, Banzai Bear, took marketing to another level at Misawa AB, Japan. Waking up at the crack of dawn, the Marketing Team took full advantage of the monthly Readiness Run audience. The Team lined up at various places along the Readiness Run route displaying signs of special deals at Services facilities for the upcoming down day. This creative advertising provided customers with a greater awareness of what Services had to offer the community.



#### WXW=Xtreme Fun

By Melissa M. Stockstill 35th Services Squadron, Misawa AB, Japan

Misawa Air Base, Japan -- For the first time in history the WXW Xtreme Wrestlers laid the smack down at Misawa AB, Japan. Recently, hundreds of screaming fans crowded into Hangar 949 for two shows full of Xtreme sports entertainment.

As the first show progressed, the wrestlers whipped the crowd into a frenzy of wrestlemania.

"It was so cool!" exclaimed an enthusiastic, 13 year-old Don Smith. "I had to go to the second show because I really wanted to get the Patriot's autograph."

The show's success can be attributed to the planning and execution of an innovative marketing plan developed by the 35th Services Squadron Marketing Team. The campaign kicked off with teasers, giving the community just enough information to peak their interest. As show time grew nearer, more information was disseminated via television, radio, Misawa Services Channel Community 12, banners, flyers and a radio contest.

"We held a contest on the local America Forces Network station 1575, The Edge. The first few callers received ring-side seats if they agreed to place a WXW poster on their car," said Chuck Nolan, marketing director. "There were so many calls, we ended up turning people away."

The posters generated a lot of buzz, but the fun didn't stop there. The wrestlers visited children at the Sachi School Age Program, did a guest spot on The Edge morning show, signed autographs at the base exchange and ate breakfast with the troops at the Grissom Dining Facility. As thanks for boosting morale, the WXW wrestlers were treated to a VIP tour of an F-16/munitions facility. All things considered, the WXW Xtreme Wrestling event blended the best in sports entertainment and marketing.



The Headshrinkers gang-up on the Patriot during the WXW tag-team match at Misawa AB, Japan. Alofa holds down the Patriot while Samu goes for the head shot, but they are no match to The Patriot who went on to beat the Headshrinkers in the final minutes of the match.

### Boxing Legend Visits Grand Forks Air Force Base

Tara L. Carothers 319 SVS/SVK

GRAND FORKS AIR FORCE BASE, N.D. -- Five time World Champion boxer, Virgil "Quicksilver" Hill, made an appearance at Grand Forks Air Force Base on November 13.

The North Dakota native was in town to box Joey DeGrandis in the International Boxing Council World Cruiserweight Title Fight, which he won.

A boxing legend with a lightning fast left jab, he has won district, state, regional and national Golden Glove Awards, an Olympic Silver Medal in 1984 and five world championship titles in two divisions, light heavyweight and cruiserweight.

"Quicksilver" was raised in the Grand Forks area and visited the Fitness Center where he trained periodically as an amateur in the 1980's. Fans were happy to meet him and were able to get his autograph and have photos taken with him. One lucky fan won two tickets to his title fight held November 17, 2002 at the Ralph Engelstad Arena, Grand Forks, ND.



Virgil "Quicksilver" Hill in front of KC-135 at Grand Forks AFB Main Gate. (Photo by Senior Airman MonteVolk, Public Affairs)



The littlest fan, Caleb Bailey, had his photo taken with Virgil Hill. (Photo by Christine Davis, Marketing Visual Information)



A1C Kenneth L. Simon and SrA Cory
Upshaw, both Food Service Specialists, had
their photo taken with Virgil Hill. (Photo by
Christine Davis, Marketing Visual
Information)

### County Record Broken By Larry Counts, 96th Services

EGLIN AIR FORCE BASE, Fla. -- "I'd never bowled an 800 series before," stated 2nd Lt. Matthew Arvanitis, an Analyst for the 53rd Wing. "After the first game of 290, I was rolling the ball really well, and felt good and thought I could just continue to bowl good," he added.

And bowl he did. Lt. Arvanitis broke the existing Okaloosa County record of 847 by 8 pins, with games of 290, 299 and 266 during the American Intramural League on 3 December, at the Eglin Bowling Center. Lt. Arvanitis bowls for the 53rd Wing.

The week prior, Lt. Arvanitis had games of 279, 300 and 215 for a 794 series. What makes this more interesting is that he only bowls in one league a week.

Lt. Arvanitis has been bowling for about 25 years and began in Vista, California. Like a lot of kids, he began bowling between his legs and then advanced up when he joined Young American Bowling Aliance.

He also bowled for two years while at San Jose State University which was ranked No. 4 in the nation while he was there.

Last year he bowled in Ft. Walton Bowl and White Sands Bowling centers and was selected as a member of the Okaloosa County All Star Squad as one of the top five averaged bowlers in the county.

"I enjoy the sport and will continue to bowl while still in the military," Lt Arvanitis stated.



Lt. Matthew Arvanitis, 53rd Wing, bowls his way into the Okaloosa County, Florida record book, by bowling an 855 series During the American Intramural League recently. The previous record was 847.

(photo by Larry Counts)

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Out of the Desert Dust... Comes RC Racing for Edwards Youth! By 95th Services Division



Edwards Air Force Base, Calif., - J&R Raceway, the new radio-controlled racing program at the Edwards Youth Activity Center, recently held their grand opening. Now Edwards Youth can hone their skills on a racetrack designed especially for them, with a program of supervised development and fun. Youth Activity Center-owned battery powered racecars are available for kids to use, although personal vehicles are allowed, within raceway guidelines.

Kids are briefed on procedures and responsibilities and receive training in radio and car care, operation, and battery changes, as well as Turn Marshal responsibilities. After a short test and practical experience, kids receive their J&R Raceway RC Operator and Turn Marshal License.

Ron Gamble and James Mendrop, YAC staff members, created this racing program, and designed and developed the track. The project came to life with the help of the volunteer efforts of several Youth Center staff and members of the local communities.

"It started with our usual interaction with the kids and continuing to feel the pulse of their needs, but it would not have been possible without the consistent support form our office staff, supervision, and management," said Mendrop.

Other Edwards RC racing enthusiasts are welcome to use the J&R Raceway track outside of Youth Center operation hours and scheduled YAC events. Racing and training takes place most Mondays, Wednesdays, and Fridays, as scheduled activities permit.

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# Parents, Children Exercise at Wee

By Tech. Sgt Chuck Hinrichs Staff writer

Fitness

Shaw Air Force Base, S.C., -- A remodeled area for parents to workout while their children play nearby opened recently at the Fitness Center.

The Wee Fitness Room is a fully equipped workout space and child's play place apart from the main cardio room and weight training area, according to 1st Lt. Jay Bolden, 20th Services Squadron Fitness Center officer in charge.

New to the Wee Fitness Room is \$15,000 worth of equipment, new carpet and wallpaper to enhance the room's appearance and a clear divider wall allowing parents to oversee the children playing.

Youth Activities Center staff members instruct children on the new radio controlled racing program at Edwards AFB.





Renee Sedlak works out on the crosstrainer while her daughter plays in the Wee Fitness Room.

Rylee, the 15-month-old daughter of Renee and Staff Sgt. Jeremy Sedlak, reaches for the goal at the remodeled Wee Fitness Room.

(Photos by Tech. Sgt. Chuck Hinrichs)

The new equipment includes two cross-trainers and treadmills, four stationary bikes and a multi-station weight bench.

The children may play with a miniature basketball hoop, play forms, giant foam blocks and a sliding board, all in an enclosed area.

The Wee Fitness Room is much improved, according to Master Sgt. Shelly Bowens, 20th Fighter Wing command section superintendent. She said the new equipment is smooth and efficient in meeting her fitness needs while the décor is attractive for children and parents. Bowens, who uses the Wee Fitness Room on weekends and evenings, said the room accommodates infants and toddlers with the playpens provided. She also appreciates the cable-ready television and video equipment for movies.

Renee Sedlak, wife of Staff Sgt. Jeremy Sedlak, 609th Air Communications Squadron, said she wouldn't be able to work out if it weren't for the facility.

Apart from the Wee Fitness Room, bathrooms are available for children without them having to enter the locker rooms, said Bolden.

The Wee Fitness Room is open the same hours as the Fitness Center; 5 a.m. to 10 p.m. weekdays, 9 a.m. to 6 p.m. weekends.

The staff will assist with developing a workout routine to lose weight, tone up or stay in shape, said Bolden. He added the Fitness Center is there to meet Shaw's recreation and exercise needs.

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# **NEWS**VIEWS

### AFA Child Care Offers Outstanding People, Outstanding Care

By James Lovely 10th Services Squadron Marketing

USAF ACADEMY, Colo. -- If you leave your child with a Family Child Care provider at the U.S. Air Force Academy, you can feel confident knowing your child is receiving the best care available.

Cheryl Jensen is one of the main reasons for that confidence. Jensen is the Family Child Care coordinator at the Academy and the program couldn't be in better hands.

"I'm a perfectionist. I drive myself to make sure everything is just the way it should be, especially with children," Jensen said. "I guess that is what people should know about me: my heart is with the children."

Her credentials are impeccable. She earned a bachelor's in elementary education from Minot State University and a master's in early childhood curriculum and instruction from Lesley College. She started in childcare working with children "in the rooms" in a child development center setting.

Jensen began her career as a NAF employee before entering civil service as a GS-5. While she worked her way up to her current GS-9 position, she took courses toward her college degrees and, along with her husband Chris, raised two children. They have an 18-year-old daughter, Kayla, and a 16-year-old son, Kyle.

"It took me 10 years to get my bachelor's degree because I was fitting it in around my husband and children," she said.

Jensen also knows the demands of raising children in a military household. Her husband Chris retired last year as a major after 22 years in the Air Force. The two met in Minot, N.D., Jensen's hometown, where Chris was a young airman on his first assignment.

"Child care has worked out well for me because regardless of which base we went to, I could take whatever position was open," Jensen said.

At the Academy for three years now, Jensen is responsible for finding Family Child Care providers and training them. She does some of the training herself and brings in specialists to teach topics such as medication, nutrition, safety and



Amy Heitman was selected U.S Air Force Academy Family Child Care Provider of the Year and MajCom FCC Provider of the Year for single-base commands for 2002. (Photos by James Lovely, 10SVS/SVK)



U.S Air Force Academy Family Child Care Provider of the Year Analisa McMillan, shown at her Academy home with the children for whom she provides care, was chosen MajCom FCC Provider of the Year for single-base commands for 2001. (Photos by James Lovely, 10SVS/SVK)

professionalism.

The training is top notch. Every Family Child Care provider receives at least 24 hours of instruction and is licensed before starting. Jensen monitors each provider and visits the home at least once a month to be sure they are in compliance with AF regulations. "We spend a lot of time and energy fostering their self confidence and their skills," she said.

That time and energy has paid off in the form of national and Air Force-wide recognition. Two of Jensen's providers are nationally accredited. The Academy Family Child Care Provider of the Year was chosen MajCom FCC Provider of the Year for single-base commands two consecutive years (Amy Heitman in 2001 and Analisa McMillan in 2002). Additionally, Academy Family Child Care provider Wanchalee Putnam was chosen by Scholastic as Family Child Care provider of the year for 2001-2002, and the Academy FCC program scored 98 percent on the Department of Defense annual inspection this year.

"Family Child Care is a great opportunity because you can stay at home with your own children and still contribute to the family income. You receive excellent training that transfers wherever you go. You also are contributing a great deal to the mission," she said. "It's very important for military members to have some place to take their children where they know the children will be happy and safe, so the parents can focus on getting the mission accomplished. The training helps you with your own children as well, and you get experience running a small business."

Other opportunities for childcare and providers through the FCC program include extended-duty care, childcare for volunteers and PCS programs, and off-base FCC providers.

Regardless of which type of Family Child Care program people use, Jensen wants people to feel at ease with their choice. "Some people feel more comfortable leaving their child in a child care center versus a child care home, but the Air Force regulations are so thorough and we demand such high quality, that they should feel comfortable leaving their child in the care of one of our providers."



Cheryl Jensen, Family Child Care coordinator at the U.S. Air Force Academy, left, interacts recently with children under the care of Academy Family Child Care provider Donna Yeates, center. (Photos by James Lovely, 10SVS/SVK)

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## **NEWS**VIEWS

## Nellis Membership Drive Gives Away a

By Ms. Monique Staskiewicz 99th Services Squadron

Nellis Air Force Base, Nev. -- Not only does the Club system provide members with reasonably priced food, discounted beverages, discount coupons and evening entertainment, Nellis Air Force Base members had a chance to drive off in a brand new car in their 2002 Club Membership Drive.

The Nov. 22 party provided members with free food, drink specials and a chance at some great prizes. Club members also enjoyed live Las Vegas entertainment from Soul Blind, magician Roger Lee and animal trainer "The Snake Babe."

The grand prize was a brand new 2003 Honda Civic. Other prizes included televisions, CD and DVD players, a computer and more.

At the party, 17 finalists were chosen to compete for the car. The finalists approached a sealed box and the suspense was high as members opened it to reveal their fate. The grand prize car winner was Lt. Col. David de Castro, Air Warfare Center director of staff.

"I was a little stunned, having never won anything in my life," said de Castro. "I'm very grateful to the car dealership, Shack-Findlay Honda, for providing such a generous gift."

According to Club officials, 291 people became Club members during the 2002 Nellis Membership Drive. This increase has facilitated many new programs.

"With increased membership, we are doing monthly free membership parties, lunches and breakfasts. We are also planning improvements to both Clubs," said Pete Marnach, 99th Services Squadron flight chief.

"Being a member definitely has its benefits," said David Morrill, Officers' Club manager. "We continuously try to offer our Nellis members new programs and discounts on and off base. We are high supporters of the Air Forces Members First Program."

"All in all, about \$20,000 in prizes was given to current members and new members of the Nellis Clubs," said Marnach. "Nellis definitely has had one of the best membership drives in the Air Force due to our sponsors participation.



Lt. Col. David de Castro, Air Warfare Center director of staff, sits in his new 2003 Honda Civic. He won the grand prize at Nellis 2002 Club Membership Drive on Nov 22.

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## **NEWS**VIEWS

## Snow Comes to Moody

Moody Air Force Base, Ga., -- Moody Air Force Base received 23 tons of snow, just in time for the annual Christmas tree lighting ceremony on Friday, December 6. Over 1500 Moody Air Force Base residents attended the evening's festivities. Santa and Mrs. Clause arrived via a fire truck at the end of holiday parade. A prayer of thanksgiving and blessing was led by Chaplain Gary Perry concluding with a yellow ribbon ceremony in honor of the deployed troops.

The Child Development and School Age children sang holiday greetings and best wishes to all gathered. Trudging through the snow Brig. Gen. John H. Folkerts shared a holiday greeting and threw the switch, which illuminated the 90-foot Christmas tree. The Moody residents continued to celebrate by visiting Mr. and Mrs. Clause in their Wonderland home for photos and treats, frolicking in the fluffy snow and chatting with friends and family over hot chocolate and goodies. The luminaries lighted the way as base residents strolling along Mitchell Boulevard viewed the squadron holiday cards. Twinkling eyes, laughter and good cheer was shared by those gathered from ages one to 92.







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## **NEWS**VIEWS

# Honorary White House Chef is Brooks New Club Manager

By Rudy Purificato 311th Human Systems Wing

Brooks Air Force Base, Texas -- Thanksgiving has special meaning to Al Southerland. He always gives thanks for his mother who taught him how to bake better than the Keebler elves. Southerland is so good in the kitchen, that this new Brooks Club manager was the favored White House 'chef' of Vice President and Mrs. Al Gore.

Born in the 'furniture capital' of America, High Point, N.C., where companies such as Henredon and neighboring Thomasville dominate the furniture-making market. Southerland learned early that he preferred baking pies to the unsavory chore of unloading boxcars filled with wood.

"My mother Mae taught me how to cook. She was an excellent cook, having learned from her mother and sisters," Southerland recalls about the hard-working woman who was the last-born in a family of 21 children.

Mae's home cooking, featuring such specialties as chicken and dumplings and cakes filled with pineapple and German chocolate, was so appealing to her youngest son that he appeased his growing appetite for good food by studying the culinary arts in high school.

"I wanted to eat. The all-male class was held right before lunch period," admits Southerland as he recalls his high school home economics class that primarily helped augment the diets of many an athlete.

So hungry was Southerland for any opportunity to eat that he worked part-time as a dishwasher in a restaurant whose name eerily predicted his future as a chef. "It was called the White House Café," he noted.

He later became a Sheraton Hotel waiter where he befriended the kitchen staff. "I did prep work on salads and dessert plates. I also learned basic fruit carving and (the art of) food 'presentation'," he said. He was subsequently promoted to 'banquet waiter' where he earned more money serving furniture executives than the meager wages he use to receive working with his father and brother in a furniture factory. "Splinters in the winter was not for me," Southerland mused about those sweaty days hauling raw furniture wood.

After graduating from high school in 1967, Southerland spent a



Brooks' new club manager Al Southerland shows off his official White House chef's apron complete with the presidential seal. Former Vice President Al Gore presented Southerland the apron during one of his many visits to the White House kitchen. Southerland became the unofficial personal chef for the Gores in the course of his many trips to Washington.

year studying music at North Carolina A&T University until his money ran out. When the Army drafted him, Southerland contacted an Air Force recruiter with hopes of becoming a cook.

"They didn't care about my culinary skills. They needed jet engine mechanics," says Southerland, who eventually learned how to dodge mortar shells in Vietnam.

By 1971, Southerland savored eating midnight chow at the Royal Thai Udorn AB, nicknamed 'Gloryland.' "It was great," he said of the assignment there where he fell in love with chipped beef on toast, better known as 'S.O.S."

After his Air Force discharge in 1972, Southerland briefly toyed with a toy-manufacturing career. He then reenlisted in the Air Force and launched a new career. "Because I had hearing loss from jet engine noise, I cross-trained in club management." Said Southerland

Southerland earned the title of Air Force chef in 1987 after many years of training. That training began in earnest at the prestigious Culinary Institute of America in Poughkeepsie, N. Y., the largest school of its kind in the United States. Students who graduate from its two-year course have gone on to become executive chefs with average annual salaries range between \$150,000 and \$300,000.

"I first attended an eight-week basic culinary course there in 1977 where I learned how to make a variety of soups. In 1982, I spent six months there attending the advanced course where I learned ice carving and how to make sauces, desserts such as cherries jubilee and baked Alaska, and gourmet entrees like Beef and Pork Wellington and smoked salmon."

His reputation as a culinary expert eventually landed him cooking jobs for college alum, the Rev. Jesse Jackson. Then in 1995 while serving as club manager in the Azores, Southerland prepared lunch and dinner for then First Lady Hillary Clinton.

"For lunch, she had smoked salmon and my special spinach dip. Dinner included Beef Wellington, roasted vegetables and baked Alaska," he recalls. Clinton thanked Southerland, not knowing then that he would soon become a frequent guest chef at the White House.

"My godson Mark Faldoski was in charge of the vice president's vehicle fleet. Every time I visited the White House to see him, Al and Tipper Gore invited me to cook for them. They loved my spinach dip and smoked salmon."

During his dozen trips there Southerland became the unofficial personal chef of the Gores. He also prepared several lunches for Mrs. Clinton, but never cooked for President Clinton.

"Gore and I were on a first name basis. He called me Al and I called him Al."

On his fifth cooking stint there, the vice president presented Southerland with an official White House chef's apron featuring the Presidential Seal.

Yet, Southerland's most rewarding experience occurred at Blytheville AFB, Ark. U.S. Rep. Bill Alexander so appreciated his cooking during his visits to the base, that when the congressman got married he took Southerland on his honeymoon as his personal chef.

The Brooks community has now become enamored with the gourmet delights that Southerland has introduced during special promotions at the Brooks Club. More importantly, Southerland has volunteered to share his special talents as a mentor at Martin Luther King Middle School.

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## **NEWS**VIEWS

## Kadena Celebrates Holiday Season in Style

By Chevon DuBois Workman

Kadena Air Base, Okinawa, Japan – While living in Okinawa, the winter months are not bejeweled with snow-covered trees and very chilly weather. For many Americans stationed here it can be hard to get into the holiday spirit. Kadena Services makes it a lot easier with its annual Christmas Village. Held in the huge parking lot of the Schilling Community Center, this Kadena Air Base tradition is open to all Status Of Forces Agreement employees and their families and includes everything to guide you through a lighted holiday theme festival.

This candy-coated day that could put a smile on any child's face kicked off with the Kadena Services parade. This year's theme "Sugarplum Wonderland" got everyone involved from all over the base.

One of the many highlights of the weekend was when Brig. Gen. Jeffery A. Remington lit the base's huge pine. When the lights came on and lit up the sky, everyone knew the festivities had begun. Other activities which made Christmas Village such a huge success included pictures with Santa, Kuma Bear (every little kids favorite) game booths, giveaways, prizes, face painting and much more. The Marketing booth had something in store for the whole family. Children were treated to free Blinky balls and Blinky pins. Parents tried their luck in a raffle to win a trip to Hong Kong or one of three Microsoft X-Box video game consoles.

According to Ken Robillard, Schilling Community Center director, "One of the main reasons we sponsor Christmas Village each year is to give something back to the community. This is the season for giving and we hope to bring the spirit of Christmas here to Okinawa."

The family teen and talent contest accomplished just that. This fun and competitive program is designed to give youth and their families a way to show off their hidden talents and creative expression. With over 15 contestants competing, the judges had some hard decisions. Videotapes of the winners will be sent to an Air Force-wide competition. Good luck Kadena!

Entertainment is the key to keep a celebration hopping. Rhythm and Blues recording artist, Musiq, who is also MTV's people choice for favorite new artist performed each night, which had all the fans hooting, hollering and waving their arms



18th Service's Commander Col J.A. Swigart-Smith stopping by a booth at Christmas Village to lend a helping hand.



Cool dude! Kids enjoyed the many rides and entertainment at Christmas Village 2002.



Kadena Services mascot, Kuma Bear spreads holiday joy.

to the beat.

For the estimated 9,000 people who were able to stop by Christmas Village 2002 the holiday celebration was little brighter on Kadena Air Base.

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Chef for a Day

By Savannah Chastain A Marketing YES Student from Yokota Teen Center

This year service members of Yokota Air Base, Japan, had a special treat for their Thanksgiving meal at the Samurai military dining facility. Assistant Secretary of the Air Force, Nelson Gibbs, volunteered to be a food server with base leadership.



At his station on the meat-carving block, Secretary Gibbs enthusiastically dished out huge portions of turkey while conversing with the troops, retirees and their families. The meal was a good "home away from home" enjoyment for all who helped out and attended. Thank you to Secretary Gibbs for making the day extra special for our troops.



Assistant Secretary of the Air Force, Nelson Gibbs, signs the guest book at Yokota Air Base's military dining facility.

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## Holiday Greetings from Home

By Earlene Smith 81st Services Division



Left to right: Olivia Quillman and Diamond Johnson, both aged 5, and Alice Cunningham, school age coordinator at the Keesler Air Force Base Youth Center, prepare a banner for the 14 Services' Division military personnel recently deployed overseas. The entire staff and all the children at the center created two banners, individual Christmas cards, and two video tapes of themselves singing Christmas carols, to show their support for the troops and let them know they're thinking about them, especially during the holiday season.

Quillman is the daughter of Tech. Sgt. Kathleen Harrison, 81st Medical Support Squadron, and Johnson is the daughter of Airman 1st Class Jene Johnson, 81st Mission Support Squadron.

(Photo by Catherine Owens)

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## **NEWS**VIEWS

## Keesler Holiday Craft Show A Big Hit By Earlene Smith

81st Services Division

Keesler Air Force Base, Miss., -- The Keesler Air Force Base annual Holiday Craft Show, co-sponsored by the Skills Development Center and Keesler Community Center, was held Nov.15 and 16.

More than 2,000 people attended the event at the community center, to purchase handcrafted items for sale by more than 50 vendors from both on and off base.

Children and adults had their pictures taken with Mr. and Mrs. Santa Claus portrayed by Roger Milford from the 81st Services Division Human Resource Office, and his wife Cindy Milford, from the Marketing section.

Terri Gonzalez, marketing specialist and Maureen Farmer, Commercial Sponsorship coordinator for the division, and teens from the youth center assisted the popular couple as elves.

An extra-added attraction was an Australian didgeridoo player. Door prize drawings were conducted every half-hour.

Base booster clubs were given the opportunity to make money for their programs by selling food throughout the day.



Brooke Trochesset, aged 5, gives Santa a big hug. Mr. and Mrs. Claus, and their elves, visited Keesler during the annual Holiday Craft Show. Trochesset is the daughter of Master Sgt. Paul Trochesset, CRTC Air National Guard stationed in Gulfport, MS. Others: left to right: Maureen Farmer, Commercial Sponsorship Coordinator, Roger Milford, Training Technician, Cindy Milford, Illustrator and Terri Gonzalez, Marketing Specialist, all from the 81st Services Division. Photographer is Earlene Smith, 81st Services

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## NEWS VIEWS

## Edwards FCC Provider Achieves National Accreditation

By 95th Services Division

Edwards Air Force Base, Calif., – Achieving national accreditation in child care is not an easy task, but Tracy Brown rose to the challenge and became the first provider at Edwards AFB to be accredited by the National Association for Family Child Care.

Accreditation is designed to emphasize high quality in the profession of Family Child Care. Family Child Care providers who choose to become accredited recognize the importance of a child's early years and work to provide a standard of excellence that both nurtures and educates young minds.

"Tracy is a pioneer of our Family Child Care program – she is the very first accredited provider at Edwards Air Force Base," said Marion Murphy, Edwards Family Child Care coordinator. "She also actively mentors other providers on a daily basis. We're extremely proud of her accomplishments."

Brown, the mother of two children and wife of Master Sgt. Derek Brown of the 412 Maintenance Squadron, has been at Edwards for 10 years now, and in that time has cared for more than 200 children.

"It's a great honor to be a first on such a wonderful base as Edwards, where so many historical firsts have been accomplished," said Brown. "I get my motivation to do so well from my family, the many kids I've taken care of, the great military and civilian parents, and the strong leadership I receive from the FCC coordinators."

The National Association for Family Child Care accreditation defines the standards of quality, covering these content areas: Relationships, Environment, Activities, Developmental Learning Goals, Safety and Health, and Professional and Business Practices. It also helps parents and policy-makers recognize high quality care, while serving as a cornerstone in state professional development systems.

Accreditation is awarded for a period of three years, after which time the provider must re-accredit if they wish to maintain their status. The National Association of Family Child Care is the largest association in America representing family child care, and as such, serves as the national voice for the profession.



Tracy Brown, nationally accredited child care professional at Edwards AFB, does activities with the children she cares for in her home.

(Photo by Phil Kocurek)

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## **WNEWS** VIEWS

## Breakfast with Santa By Shanda Allmond Program Director, Langley Community Center

Langley Air Force Base, Va. -- Envision a crowd of people awaiting the arrival of a very special guest. The anticipation and the excitement –it's that time of the year for holiday cheer. Once again, it was time for 1st Services' annual Breakfast with Santa celebration.

More than 1500 children and parents came to see the magical man in the red suit! Before Santa arrived, "ACE" the squadron mascot entertained the kids along with Santa elves. The time finally arrived and you could hear the cheers and applauding. They could see him approaching the hangar. He arrived with his jolly smile and laughter. Santa made his entrance via a big shiny red fire truck with all the fanfare that was deserving of such a special man. Mrs. Claus along with Santa helpers, ushered our guests to see Santa and gave a helping hand throughout the morning.

Guests were treated to a special breakfast of French toast sticks, sausage links, donuts, muffins, fruit cups, milk, assortment of juices, coffee and hot chocolate. There were plenty of activities provided to keep the children and parents busy such as the Make and Take crafts. Some of the creations were sun catchers, beaded holiday necklaces, and the most popular craft was a hand painted print flag for our deployed members, just to name a few of the offerings provided.

The base hangar was definitely the place to be. Decorated as a "winter wonderland" and all the trimmings, guests were amazed at the transformation of the hangar. The hangar was filled with laughter and excitement from all in attendance.

Clowns were everywhere with their balloon artistry and face painting. Kids could even enjoy temporary tattoos. The flash of photos of kids telling Santa what they wanted for Christmas was a memorable experience for families and the Langley 1st Services Team. Some of the heartwarming expressions from the children were -- "We want peace in the world", Bring my daddy/mommy home safe, "We wish all children could have a Merry Christmas" and there were the usual toys and games kids want Santa to bring.

Throughout the celebration, there was a multitude of prizes and gift give-aways. With the support of 1st Services Marketing, generous commercial sponsorship was provided for the event. There were toys, games, books, bicycles and much more. In addition, at the conclusion of the celebration every child was









presented a complimentary grab bag to take home to enjoy.

This was definitely a TEAM Langley event. The 1st Services team along with base support agencies made this truly a successful event. To present a base event takes the support of so many including over 60 volunteers who provided their services for the event. The event was free to our military members and their families to enjoy. This was our way of showing our appreciation and spreading joy to our families of deployed members.

The spirit of the season was alive in the Langley Hangar on December 7th. You can always count on the 1st Services team to always be there.



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## **NEWS**VIEWS

## Torch Club Members "Adopt" Grandparents

By Amy Smith, RAF Mildenhall

RAF Mildenhall, England. -- In today's society, children are often viewed as selfish. Thankfully, I can attest that the Torch Club, a group a children ages 11 to 13, strive to break that stereotype weekly. Through no coaching of their parents, all 11 members of the Torch Club plan activities related to education, health and fitness, and most importantly community service. Their unselfish nature has built relationships with the military community and has strengthened the American-British relationships in the local community.

At first, the children only looked at community service as a way to help the Mildenhall Base. They read stories to preschool children at the Child Development Center, planned a Bicycle Safety Day for children ages three through seven, and took refreshments out to the security police on hot summer days. It was easy for the Torch Club to volunteer time on the base, but it was difficult for them to develop community service projects for the British community. After brainstorming, the Torch Club decided to adopt grandparents at a local retirement home.

They visit the Wamil Court Home for the elderly in Mildenhall each month. Although the first visit was awkward for both the children and the retirement home residences, the children have built special relationships with their adopted grandparents over time. This has been accomplished through spending time together building puzzles and playing bingo and board games.

The children also serve the residence juice and biscuits and just spend quality time chatting. The grandparents are excited to see the children each month and wait for them with anticipation. But the children have impacted more than just the residence's lives; they have also impacted the lives of the nurses at Wamil Court.

The nurses are amazed as they watch the Torch Club's kindness. Each time they visit the retirement home the children are respectful to both the residents and to the nurses. The Torch Club assists the nurses as they help the residents walk from their bedrooms to the activity room. The children also ask the nurses if there is any housekeeping that needs to be completed during the visit. Sometimes the nurses ask the children "why do you like coming here?" The children respond by saying they come because they care about the community.









The Torch Club's sincerity in actions and words have touched the nurses' hearts and brought smiles to their faces.

The dignity that the Torch Club displays should be commended. After volunteering at the retirement home, the children now find it easier to help out in the communities where they live. Individual club members have reported carrying in their neighbor's groceries, cleaning up their local playgrounds, and giving their clothes and toys to neighborhood children.

It only takes a spark to get a fire going. For the Torch Club, it took the act of volunteering at the nursing home to make helping their neighborhoods a part of daily life. The Torch Club's actions stand as an example for children and adults alike. Not only have they improved their local neighborhoods but they have also strengthened British-American relations by strengthening the image of American children.



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# From the Field

## NEWS VIEWS

Services Brings the Cuisine Honoring
Promotions and Troop Appreciation
By 2nd Lt. Marcella Keiter
379th AEW Public Affairs

AL UDEID AIR BASE -- AI Udeid's December promotion ceremony was held in the base theater Saturday.

The following major was promoted to lieutenant colonel: John Newberry, 44th Expeditionary Air Refueling Squadron.

The following first lieutenant was promoted to captain: Marion Jay Lee, 612th Air Operations Group.

The following technical sergeant was promoted to master sergeant: Charlene Benge, 379th Expeditionary Operations Support Squadron.

The following staff sergeants were promoted to technical sergeants: Matthew Randall, 379th Expeditionary Logistics Readiness Squadron; Brian Kummet, 379th ELRS; Charles Duke, 379th Expeditionary Aircraft Maintenance Squadron; Amelia Ward, 819th Expeditionary RED HORSE Squadron; Sean Coppinger, 379th Expeditionary Security Forces Squadron; Thomas Williams, 379th Expeditionary Services Squadron.

The following senior airmen were promoted to staff sergeants: Casey Woodsome, 379th ELRS; Guilllermo Morillo, 379th ELRS; Coy Bower, 379th ESFS; Anthony Hanson, 379th ESFS; Carmeeka Jackson, 379th ESFS; Anthony Nixon, 379th ESFS; Bobby Noland, 379th ESFS. The following airmen first class were promoted to senior airmen, Dustin Anderson, 379th ELRS; James Gilbertson, 379th ELRS; Len Salmi, 819th ERHS; Clinton Hounshell, 379th ESFS; Michael Levine, 379th ESFS; Aaron Meyer, 379th ESFS.

The following airman was promoted to airman first class: Alex Bodden, 379th Expeditionary Civil Engineering Squadron.



Volunteers serve local cuisine to Al Udeid personnel after the promotion ceremony in honor of both the promotees and the troops.

(Photos by 2nd Lt. Marcella Keiter)



A local chef prepares shwarma with pita bread and a leg of lamb for the masses of Al Udeid.

(Photos by 2nd Lt. Marcella Keiter)



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The long lines didn't stop anyone from enjoying the local cuisine. Close on the heels of the Thanksgiving feast, Services arranged a sampling of local cuisine to be brought to the base.

(Photos by 2nd Lt. Marcella Keiter)

## 'Doin the Deid' Holiday Style... Services' Success

## Originally ran in Desert Eagle December 4, 2002



Volunteers serve fellow troops on Thanksgiving Day. Nearly 1,000 pounds of prime ribs and 80 turkeys were fried in 10 fryers filled with 120 gallons of oil. (Photos by 2nd Lt. Marcella Keiter)

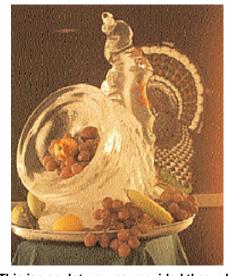


Volunteers carve turkey. (Photos by Senior Airman Amanda Cochran)



A member of the 379th Expeditionary RED HORSE Squadron volunteers carving the Thanksgiving turkey.

(Photos by 2nd Lt. Marcella Keiter)



This ice sculpture was provided through the food service contract with Damac. Senior Master Sgt. Roddy Dorsey, 379th Expeditionary Services Squadron superintendent, started planning the Thanksgiving meal in July. The food had to be ordered three months ahead of time to arrive from the states. The success of the Thanksgiving meal goes to the Services staff and the volunteers from nearly every organization on base. (Photos by Senior Airman Amanda Cochran)

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# Flying with the Fixins: Services Gives Flyers 1st Class Send Off for Thanksgiving

## Originally ran in Desert Eagle December 4, 2002



Airman 1st Class Dan Gaiser, 44th Expeditionary Air Refueling Squadron KC-10 boom operator, Tech. Sgt. George Blackwood, 44th EARS KC-10 flight engineer and Capt. Chad Teske, 44th EARS co-pilot, load Thanksgiving Day flight meals into crew vehicle to take to flightline.

(Photos by 2nd Lt. Marcella Keiter)



Blackwood and Staff Sgt. Elizabeth Keaton, 379th Expeditionary Services Squadron food services shift leader make the hand off. (Photos by 2nd Lt. Marcella Keiter)

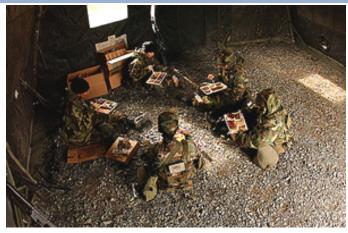


Airman 1st Class Dan Gaiser, 44th Expeditionary Air Refueling Squadron KC-10 boom operator, carries the Thanksgiving Day meals to the flight crew vehicle.

(Photos by 2nd Lt. Marcella Keiter)



Capt. Chris Barrett, 44th EARS KC-10 aircraft commander, Gaiser and Tech. Sgt. George Blackwood, 44th EARS KC-10 flight engineer box meals for flight. (Photos by 2nd Lt. Marcella Keiter)



The PERSCO team enjoy their first hot meal prepared by the Services squadron after assisting other personnel to help build up Zahid Air Field on Nov. 04, 2002. The 421st AEG (Air Expeditionary Group) currently assists the international humanitarian effort by providing air transport of relief supplies coordinated by aid organizations. (U.S. Air Force photo by Staff Sgt. Reynaldo Ramon)

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## Going for Two at Al Udeid



AL UDEID AIR BASE, Qatar -- Leisure time is a valuable commodity for troops deployed to Al Udeid Air Base. Basketball games are common on base. Services Squadron provides many of the same opportunities that service members have at there home stations. (U.S. Air Force photo by Tech Sqt Jack Braden)

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## One Man's Leadership Perspective

By Lt. Col. Eric J. Wilbur 379th Expeditionary Civil Engineer Squadron Commander

AL UDEID AIR BASE -- When you're away from home, it's sometimes easier to reflect. My first two weeks at Al Udeid have reinforced several lessons for me:

Leadership is more than a position. It's about setting the example, taking care of the troops at the expense of your own self interests and having the energy and fortitude to move forward despite the obstacles. Effective leadership starts with a positive attitude, relies on effective communication, and ends with a commitment to taking care of the troops.

Attitude is a force builder. People are drawn to a positive attitude and outlook on life. They respect someone who in the face of adversity maintains a positive outlook. A positive attitude will build a team that is capable of overcoming any obstacles.

Even in this information age, the single greatest challenge in an organization is communication. We have plenty of technology, but much of the information at our fingertips can be inaccurate,

irrelevant and/or misleading. Leaders must provide honest and timely communication and have the capability to discern the wheat from the chaff. Effective communication requires integrity, time and effort.

Taking care of the troops doesn't mean pampering them. We all take combat showers so there's enough water for everyone. Policies that inconvenience individuals are meant to ensure a clean, healthy and safe environment for everyone.

Volunteers are needed in the field. We're all here because we volunteered to serve. Take it a step further. There are many opportunities to volunteer and make our community better and improve mission performance. Volunteers working with the civil engineers, chapel, services and other organizations are committed to taking care of you at the expense of their own time/comfort. I salute our volunteers and recommend you volunteer today, you won't regret it.

**Deployments don't have to be painful.** I've never deployed to a location that offered so many opportunities for entertainment, and the food at the Dining Facility is the best I've had in the field. With the exception of the tents we live in, I'm not sure

this is really field conditions. Next time you see a Services troop, give them a pat on the back.

What lessons are you learning at Al Udeid? I recommend you periodically reflect on the successes and failures you have



Lt. Col. Eric J. Wilbur

here both organizationally and personally. Reflection is a powerful tool that allows us to see where we have been, where we are and where we are going. I hope you achieve your goals and this

deployment is a rewarding experience for you and those around you.

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## Activities May Help Prevent Holiday Blues

Capt. (Dr) Tim Sheahan 379th Expeditionary Medical Group

AL UDEID AIR BASE -- For many, the holiday season can be a difficult period. We expect to be happy during this time, and if we're not, the season can just make us feel even worse. It can get to be an ugly spiral.

Even though a holiday here may not equal one with your family, it can still be good one. The kind of holiday you have at Al Udeid is largely up to you. While many of us may wish to be home, you can't control that. Instead of wishing, take control over what you can this holiday season. Here are some suggestions to help:

**Communicate with home!** Use all morale calls. E-mail/write frequently. Send/ask for letters, pictures, presents, videos—anything to feel closer to the ones you love. This will keep you feeling connected to them.

**Socialize!** Don't become a tent rat with only your thoughts to keep you company.

**Take care of yourself physically.** If you don't, physical energy will start to slide, and emotional energy will follow. Eat sensibly. Make sure you get enough rest and exercise. Exercise decreases stress and elevates your mood when done even for a little while.

**Keep your traditions.** If you sing carols every Christmas with friends, finda way to do that here. If a "secret Santa" is a family tradition, find friends here to do that with. You may have to be creative, but it could be fun.

Keep up with activities that give you support/fulfillment. If you get support from your church back home, get to know the chaplains. If you like to read, write, draw, or go to the pool, do that here. Doing things you enjoy will ward off the blues.

Finally, if you or someone you know needs to talk with someone, take advantage of the base resources. We're in this desert together, and have to watch out for each other. Buddy care is imperative. Visit the Serenity Tent or call 471-2795



The cardio tent offers a variety of tread mills and stationary bikes for those who desire physical fitness.

(Photo by Capt. Don Langley)

for numerous programs or opportunities to talk. The chaplains are also readily available.

These are only a few suggestions. You're the authority on what makes you feel better. Make a plan to keep your mood up, get help if you need it, and we'll have a holiday to remember.

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# Services Keep Troops Entertained Downrange

By Airman Nicole Spence 86th Airlift Wing Public Affairs

OPERATION ENDURING FREEDOM (USAFENS) – They're the first ones to cook, the last ones to eat. They start the party and clean up the mess at the end. They provide a gym in the middle of nowhere, billeting to keep everyone warm and 18 airman from Ramstein Air Base, Germany, just arrived to help out.

Who are they? They're the 376th Expeditionary Services Squadron at Ganci Air Base, Kyrgyz Republic, which borders southeastern China. They support Operation Enduring Freedom and the global war on terrorism by providing combat air support and airlift for forces in Afghanistan as well as aerial refueling of coalition aircraft.

In this December cold, services provide the necessities for the deployed. These people may be without family during the holiday season, but services members work hard to bring them comfort and holiday cheer through it all.

"We try to organize parties and contests for everyone to enjoy. There's bingo night, Latino night or nights where people can relax, hang out, eat food, listen to music or shoot pool," said deployed Ramstein Staff Sgt. Lakeisha El Hallaoui services marketing director here.

These things can be a big deal to people living in tents, far away from home. With current force protection levels, members are restricted to the base and dependent on services to bring them comfort, activities and stress relief from long, hard hours of work, said El Hallaoui.

"Our job is essential for morale. If service members are smiling and in good spirits, the mission is getting accomplished. Happy people work harder," she said.

Although, after a hard workday, most know more than just games and a good time are needed for recovery. Hot food does the trick. The land is cold, often in the single digits or less



Airmen, deployed to Ganci Air Base, Kyrgyz Republic, play a game of bingo during one of the activities provided each night by the 376th Expeditionary Services Squadron. The squadron provides not only bingo as well as many other quality of life programs, which enhance deployed members lives here. With current force protection levels, members are restricted to the base and dependent on services to bring them comfort, activities and stress relief from long, hard hours of work. (Photo by Senior Airman Ashley Center)



and the warmth of food can remove any chill from the bones.

Services provide this too, and in this environment realizing the impact of their job comes naturally.

"This is the first time I've had the opportunity to work with food services. I like it since so many people are benefited ... everyone gets hungry," said Airman 1st Class Alex Hart, 376th ESVS specialist. He works at the Northside Fitness Center back at Ramstein.

Food is not only provided during the day. There is a midnight chow for all nightshift workers as well, but these meals are only one set of the changes faced.

"We may have only a few hours notice to prepare food for up to 200 people, but we're efficient together and even hang out after work," said Airman 1st Class Neil Palmer, food service technician.

Along with the challenges come the esteems of services life, which are often unspoken. Without a word, people are expressing how they feel.

"I haven't heard a single complaint and I feel completely appreciated," said El Hallaoui.

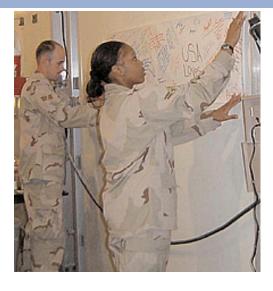
Without them, deployed service members wouldn't stand a chance. They are the heart of the mission knowing, "people here count on us for food, lodging, exercise and entertainment," said Hart.

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Senior Airman Sharon Poinsette and other airmen, deployed to the 376th Air Expeditionary Wing, Ganci Air Base, Kyrgyz Republic, play a game of win, lose or draw during one of the activities provided each night. The 376th Expeditionary Services Squadron provides not only games as well as many other quality of life programs, which enhance deployed members lives here. With current force protection levels, members are restricted to the base and dependent on services to bring them comfort, activities and stress relief from long, hard hours of work.

(Photo by Senior Airman Ashley Center)

# Messages from Home Decorate Base Facilities Originally ran in Desert Eagle December 25, 2002





Senior Airman Jason Andrews and Airman 1st Class Jamesca Batiste, 379th Expeditionary Services Squadron hang up a banner of season's greetings in the Recreation Center. The banner, which stretched more than 400 feet was donated by Shirley and H. George Jackson of Denton, Mo. (Photo by Capt. Don Langley)

Staff Sgt. Cheryl Evans, 379th Expeditionary
Services Squadron, collects items during Sunday's
Christmas Scavenger Hunt.
(Photo by Staff Sgt. David Donovan)



Staff Sgt. Roger Ruble and Airman 1st Class Jason Taylor, 379th Expeditionary Communications Squadron play foosball at the Rock Island Club. A Blondie greeting card from the White House Commission on Remembrance is displayed behind them.

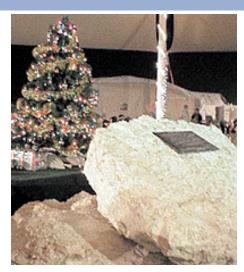
(Photo by Staff Sgt. Dawn M. Harris)



Staff Sgt. Olga Medina, PERSCO, collects 20 cigarette butts for the scavenger hunt. (Photo by Staff Sgt. David Donovan)

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## Christmas Spirit Contagious, Spreads Through Camp Andy Originally ran in Desert Eagle December 25, 2002



The base Christmas tree adorns Camp Andy's wagon wheel. (Photo by 2nd Lt. Marcella Keiter)



Staff Sgt. Chuck Branum and Staff Sgt. Theodore F. Spiess, both 379th Expeditionary Communications Squadron, mix up the Christmas jams at the wagon wheel on Christmas Eve. (Photo by Staff Sgt. Dawn M. Harris)



1st Lt. Matt Van Hook, 340th Expeditionary Air Refueling Squadron, and Willy Merril, 612th Air Operations Group, play guitar for the Christmas Eve service. (Photo by Staff Sgt. Dawn M. Harris)



Col. Tim Scott, 379th Air Expeditionary Wing commander and Airman Jennifer Price, 379th Expeditionary Services Squadron, light the base tree Thursday.

(Photo by Staff Sgt. Dawn M. Harris)



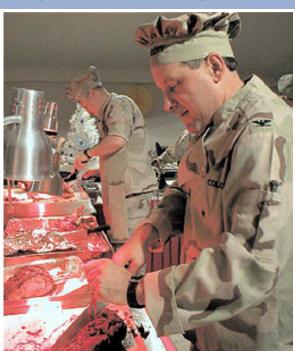
Members of the Praise and Worship Team sing Christmas carols prior to the 7:30 p.m. Christmas Eve service. (Photo by Staff Sgt. Dawn M. Harris)

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## Volunteers, Services Serve up Special Christmas Meal to Troops Originally ran in Desert Eagle January 1, 2003



Senior Master Sgt. Matthew Malenic, the "Grillmaster," 379th Expeditionary Logistics Readiness Squadron, prepares 65-70 prime rib roasts on Christmas Day. (Photo by Master Sgt. John E. Lasky)



Col. Tim Scott, 379th Air Expeditionary Wing commander, cuts into a prime rib roast Christmas Day. More than 140 volunteers made the Christmas meals possible.

(Photo by 2nd Lt. Marcella Keiter)



Some of the lines may have been long, but there was enough food for everyone.

(Photo by 2nd Lt. Marcella Keiter)



Trays of chocolates and desserts were arranged throughout the dining facilities.
(Photo by Staff Sgt. Dawn M. Harris)

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### Mmmm, mmm: Holiday Feast Tantalizes Tastebuds Originally ran in Desert Eagle January 1, 2003



Airman 1st Class Francis San Luis and Airman Donald Wilburn, both 379th Expeditionary Security Forces Squadron, assist Airman 1st Class Ma. Adelaida Chavez, 379th Expeditionary Services Squadron, with cutting pies. (Photo by Master Sgt. Keith Reed)



Master Sgt. Rich Sarno, 340th Expeditionary Air Refueling Squadron, watches as Senior Airman Melvin Baldwin, 612th Air Operations Group, pulls a turkey from one of 10 fryers. (Photo by Master Sgt. Keith Reed)



Chaplain (Maj.) Frank Hamilton, 379th Air Expeditionary Wing, slices some fried turkey. (Photo by Staff Sgt. Dawn M. Harris)



Senior Airman Fellicia Myers, 379th Expeditionary Services Squadron, chops lettuce prior to the Christmas lunchtime meal. (Photo by Staff Sgt. Dawn M. Harris)



Capt. Charlie Love, 379th Air Expeditionary Wing, serves sweet potatoes during the Christmas dinner. (Photo by 2nd Lt. Marcella Keiter)

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# Filmess&Sports

### **NEWS** VIEWS

### Fitness & Wellness Centers Team Up to Revitalize a Failing Heart

by Nick Stubbs

MacDill Air Force Base, Fla. -- Imagine your heart is so damaged it beats at just 10 times a minute. You are as close to death as a human can be, and your only hope is that a call will come, informing you that a suitable donor heart has been found. That was Roy White nine weeks ago.

The retired Air Force senior master sergeant could do little but hope he wouldn't expire before the call came in. At least, that's what he thought. But his doctors decided to see just how much heart the 66-year-old still had left in him. They referred White to the base Wellness Center for what many might have thought to be a suicide mission -- a workout regimen of cardiovascular exercises, weight training and stretching exercise. However, with a heart that pumped a single shot of blood through his body just once every six seconds, would such stress do him in?

The experts at the Wellness Center were not as worried. So with a defibrillator installed in his chest to deal with irregularities and a desire to do something to improve his health, White embarked on a fitness program tailored for his special needs. Today, he looks anything but frail. Flexing his biceps and noting how much more toned he is, White said "I feel great and I owe it all to these guys."

He referred to John Martin, an exercise physiologist and the head of the fitness program at the Wellness Center, and Paul Stubbs, fitness director of the Fitness Center. The two are working in tandem to do miracles, and White is one of their success stories.

After nine weeks of a program that ramped White up from simple stretching and body weight exercise, he now runs three times a week through a 45-minute routine that includes treadmill, free weights, weight machine training and flexibility workouts. He's come a long way.

"My doctors can't believe it," said White. "They think this is just a miracle."

Martin agrees the results are miraculous, but that is only because of simple science and physiology, he said. "The body responds positively to exercise," he added. "It's nature." Martin's job was to run a computer assessment of White's health and lay out a program for recovery and strengthening. It is the job of Stubbs to carry out the program, supervising for



Left to right, Paul Stubbs, heart patient Ray White and John Martin are in the gym at the Fitness Center. The two fitness pros helped White back from near death.

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signs of stress or other warnings that would endanger White.

As of today, White is able to do eight minutes on a treadmill and post an impressive heart rate of 80 beats per minute. When he started, half that time on the treadmill would send his rate to 150 beats or more. But it isn't just the aerobics that have made the difference. Far too many people overlook the value of weight training, said Stubbs. It is what sets this program apart from ordinary exercise programs for heart patients, which he believes put too much emphasis on the aerobics. Those are important, but so is the strengthening work, he said.

Martin agrees. He said it is especially important for the elderly, since they lose muscle mass as they age.

"A lot of times it (weight training) is left out of rehabilitation programs," said Martin. "Weight training is attached to body building, and it is hard for some people to see the value, but when you combine it with aerobics, it is very powerful medicine."

White says his goal isn't to feel as if he is 20 again, but he is experiencing levels of strength he believed he would never see again. "Without this, my quality of life would be nil," said White. "This is a second chance for me." White said he sleeps better, and he has returned to working part time. He noted one of the best parts is that people no longer treat him like a piece of fine china.

Stubbs said that is something many heart patients endure. "Everyone is afraid to do anything (for heart patients), and people are always treating you like a handicapped person," he said. "Even trainers often are hesitant to work with elderly heart patients," Stubbs said, "but, with a good training program, confidence and self-sufficiency can be realized in a short time. The important thing is to work with professionals qualified to implement and monitor the process," he added.

Martin has a master's degree in exercise science. Stubbs is certified by the American College of Sports Medicine. Both remind the active and retired that their expertise is free and available right on base. "There isn't any need to go somewhere and pay a lot of membership fees, when we have something like this right here on the base," said Stubbs.

Martin says anyone with a heart condition interested in the program should seek a referral from his or her doctor. Once an assessment of health and conditioning is made, a custom program like that established for White is set up and the work begins. Few will be worse off than White when he started, so there is little fear you will not qualify, Martin said.

But White reminded anyone who might consider such a program that it is not easy. The rewards are great, but the first two weeks were "worse than my basic training," he said. Now that he can feel the difference and his quality of life is so much better, he can't imagine lying around doing nothing and

he can't thank his trainers enough. "They are the greatest, and they've been there for me."

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# Filmess&Sports

### **NEWS** VIEWS

### Base Scuba Course Offers Certification from Basic to Advanced

By Nick Stubbs

MacDill Air Force Base, Fla. --The six divers checked their regulators to make sure they were clear and working, cleaned their dive masks and checked off the rest of their gear as they sloshed around in the water preparing to dive. On the dive instructor's command, they slipped below the surface, crouching to get their heads under water. After all, it was the shallow end of the Officers Club pool.

Five of these divers were students of the basic dive course offered by Outdoor Recreation. The other diver was their instructor from Depth Perception, a dive shop located in Brandon, Florida.

This class marked the 128th student to go through the basic scuba training course, which started on base in May 2001. Outdoor Recreation also offers advanced scuba training, which is the next step, and provides divers with skills that include night diving, deeper-water diving and diving on wrecks.

Scott Hetrick, a recreation director on base, was one of the divers in the pool this evening. Already certified in basic scuba, he was helping with the class as part of his work toward an advanced certification. Hetrick said he wants to dive wrecks and explore deeper water.

"When I came to Florida I said this (scuba) is something I had to do," said Hetrick. "There is just so much opportunity here with the water."

Husband and wife Albert and Sylvia Zakaib are taking the class so they will be authorized to rent gear as they travel to diving destinations in the future.

Mrs. Zakaib said she and her husband, who is in the Army and temporarily assigned at MacDill, will be leaving soon, and plan to be in many parts of the world where there is great diving.

"We want to dive in many different places and, while we won't be buying our gear, we want to be able to rent it wherever we go and for that we must be certified," she said. Instructor Randy Murphy was filling in for the regular teacher and it was his first day teaching here. His shop has contracted to handle the teaching chores for the class and he's been an instructor with Depth Perception for seven years.



Students gather around instructor Randy Murphy, who goes over lastminute details before they take the plunge. photo by Nick Stubbs

He rates this class as a good one, although he can recall a few in the past that had some questionable divers.

"I had one student I couldn't get out of the shallow end of the pool," Murphy said. "I had another who on his first dive quit because he felt too confined in the gear."

But by far, most students follow through with the training by becoming active divers, he said. For most, there is a considerable investment in gear and a seriousness to use it.

Murphy said a couple of the more-common issues new divers have are clearing the pressure in their ears when going down and dealing with getting water in their mask. Until you can deal with both, you are "not comfortable underwater and you have to be comfortable," he said.

Staff Sgt. Chris Dion, 6th Security Forces Squadron, is another diver who already has a basic certification. He had not been diving for a few years, so he attended the class as a refresher. He is taking the advanced certification course and eventually wants to become a rescue diver.

"It's a great sport," said Dion. "There's nothing really like it."

The basic course is ongoing and involves class work that includes the math and calculation of diving as it relates to time and depth tables, safety and equipment usage and then the time in the water.

Murphy said students spend two and a half hours in the pool and then do two open-water dives, with two dives each day. The first open-water trip usually is to a lake to remove the elements of waves and currents, and the second is up to the individual instructor but usually is in the gulf, as most students will be saltwater diving.

"The saltwater is where all the marine life and the interesting things are for divers," said Murphy. Hetrick said diving can be a costly hobby, but that it isn't as bad as some. Outdoor Recreation doesn't rent gear but gives discounts to base members. There are a couple of shops including Depth Perception that will set a diver up with one tank, a buoyancy vest and wet suit for \$40, which he said is very reasonable.

Hetrick said another great thing about the base courses is they put divers in touch with each other.

"Diving is a social activity that is even better when a lot of people get together to do it," he said, adding that many of those who have been through the course regularly dive together in the gulf.

For more information about the diving courses, contact Outdoor Recreation at 828-4982.

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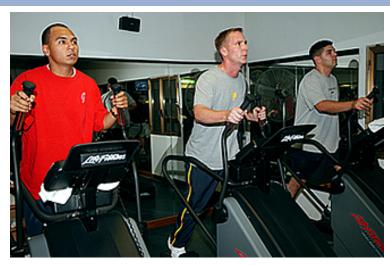
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### Cross training in Italy



AVIANO AIR BASE, Italy -- 31st Fighter Wing, community members, break a sweat working out their upper and lower bodies on the cross trainer. They choose from manual, random, hill, fat burn, cardio, cross trainer aerobics, and cross reverse modes. The exercisers also see their speeds, miles, heart rate, and calories burned as they train. The 31st Services Squadron fitness center offers free weights, machines, and cardio rooms to support the community, stay fit, combat ready.

(U.S. Air Force photo by Airman 1st Class Isaac G. L. Freeman)

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# FilmessaSports

### **NEWS** VIEWS

### Officer Gives New Meaning to 'Ironman Athlete

By Melissa Hartle 325th Fighter Wing Public Affairs

TYNDALL AIR FORCE BASE, Fla. (AETCNS) -- Two years ago, he lay unconscious in a hospital bed at Bay Medical Center in Panama City, his body riddled with ink markings identifying viable organs for donation.

In early November, Brock Stephens, a first lieutenant assigned to the 325th Air Control Squadron, found himself again marked up. This time he welcomed the markings, which identified him as a participant in the Ironman Florida triathlon held in Panama City Beach.

How Stephens went from facing death only two years ago to finishing a race that consists of a 2.4-mile swim, 112-mile bike ride and 26.2-mile run is a story of motivation and perseverance.

"Shortly after the accident, before I could walk or run again, I decided I was going to enter an Ironman triathlon," said Stephens, who is an air battle manager instructor.

The accident he refers to happened in September 2000, when he and a few friends were cycling on the shoulder of a local highway.

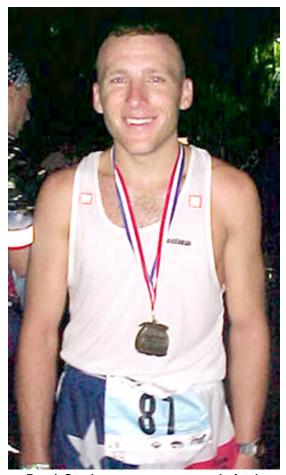
"There had only been one other car on the road that day," said Stephens. "I could hear the car approaching and the next thing I heard was the brakes locking up. I don't remember much else after that."

The vehicle, traveling more than 70 mph, hit Stephens from behind and threw him 87 feet into the air. He landed face down on the pavement and slid another 23 feet before coming to a stop.

The 17-year-old driver of the vehicle was later charged with reckless driving.

Stephens ended up in the hospital in critical condition and on life support for four days. Because of the scope of his injuries, he spent another 16 days in recovery at the hospital.

As a result of a closed-head injury, Stephens suffered pressure



Brock Stephens overcame a nearly-fatal accident to compete in an Ironman competition. Despite a titanium rod that holds his leg together, Stephens' doctor didn't believe an Ironman triathlon was in the future of this air battle manager instructor.

(U.S. Air Force photo by Melissa Hartle)

buildup on his brain, forcing doctors to perform a neurosurgical procedure, which left him with a temporary metal shunt protruding from his temple.

According to Stephens' orthopedic surgeon at Bay Medical Center, Dr. Chad Mitchell, such head injuries often take years to recover from and can even leave patients with permanent brain damage.

Stephens also had significant injury to his left leg. Surgery had to be performed to repair damage to his tibia and fibula, leaving a permanent 14-inch titanium rod with stainless steel screws implanted in his leg.

"My first concern was, 'Will I walk again?" said Stephens. It eventually took eight months of therapy before he could walk without crutches.

Two months into his recovery, Stephens, who had participated in a few short-distance triathlons prior to the accident, made the decision to participate in the Ironman.

"I thought it would be the ultimate comeback," he said.

His doctors were less optimistic.

"They said I might be able to run again, but they weren't very encouraging about my ability to do a triathlon," Stephens said.

"I didn't think he'd be running in an Ironman when I first saw him," said Dr. Mitchell. "He's had a lot to overcome, but he's done it."

Dr. Mitchell said that because of the extent of his injuries, coupled with some healing complications, Stephens' ability to participate in a triathlon this soon is impressive.

"Considering the circumstances, he's recovered pretty rapidly," the doctor said.

Although rapid, his recovery hasn't been easy. To get from that hospital bed to the finish line of the Ironman race, Stephens had to commit to regular physical therapy and a rigorous weekly training regimen, consisting of running 30-40 miles, cycling from 200-350 miles and swimming four to six miles.

H said the pain he endured during training paid off during the run portion of the race when fatigue began to set in.

"I motivated myself to continue by remembering all the pain I had gone through to get here," Stephens said.

That motivation got Stephens to the finish line in 12 hours, 19

minutes and 57 seconds. He came just shy of meeting the 12-hour goal he set for himself, but that doesn't discourage him from continuing.

"It just motivates me to be faster in my next Ironman," he said.

He has already registered for an Ironman race scheduled for June in Idaho.

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# Filmesscapports

### **NEWS** VIEWS

## Misawa Gets into Shape in Time for the Big Chill

By Melissa M. Stockstill 35th Services Squadron Misawa AB, Japan

Misawa Air Base, Japan -- No doubt about it, many Misawans consider themselves diehard skiers or snowboarders. But what happens when these seasoned athletes hit the slopes and discover they are exhausted by noon? Potter Fitness Center has the solution - Dry Land Ski/Snowboard Training.

Taught by coach Ice Ski, this program offers athletes the opportunity to develop the strength and coordination needed on the slopes.

"If skiing were all about having tree-trunk thighs, we could all be world-class skiers. However, this is not the case. This program concentrates on the core muscles that affect balance and agility," he said.

The program begins as a half hour workout and progressively builds into a full hour regime featuring weights, hurdles and plyometric exercises.

"In order to help my students develop fast-twitch muscles, I set up plyometric boxes of varying heights and encourage them to jump from one box to the next," he said.

From beginner to expert, athletes of diverse fitness levels can benefit from this training. Even if a student has never skied or snowboarded before, this course helps students develop the endurance needed to make the first day of the season easier.

"Anyone can sit on their couch all year, hit the slopes and have a decent time when winter arrives. If you are looking to reduce the likelihood of injury and take your skiing or snowboarding to the next level, you need this class," said Ice Ski.



Tech. Sgt. Kelly Schell performs a variety of exercises including plyometric box jumping, mini-hurdle jumping and running through cones as well as core fitness exercises.

(Photo by A1C Mary E. Weaver, 35 CS, Misawa AB, Japan)

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## They're not protesting. They're advertising!

Misawa Air Base, Japan -- Recently, the 35th Services Squadron's Marketing Team and their trusty mascot, Banzai Bear, took marketing to another level at Misawa AB, Japan. Waking up at the crack of dawn, the Marketing Team took full advantage of the monthly Readiness Run audience. The Team lined up at various places along the Readiness Run route displaying signs of special deals at Services facilities for the upcoming down day. This creative advertising provided customers with a greater awareness of what Services had to offer the community.



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# Filmess&Sports



#### WXW=Xtreme Fun

By Melissa M. Stockstill 35th Services Squadron, Misawa AB, Japan

Misawa Air Base, Japan -- For the first time in history the WXW Xtreme Wrestlers laid the smack down at Misawa AB, Japan. Recently, hundreds of screaming fans crowded into Hangar 949 for two shows full of Xtreme sports entertainment.

As the first show progressed, the wrestlers whipped the crowd into a frenzy of wrestlemania.

"It was so cool!" exclaimed an enthusiastic, 13 year-old Don Smith. "I had to go to the second show because I really wanted to get the Patriot's autograph."

The show's success can be attributed to the planning and execution of an innovative marketing plan developed by the 35th Services Squadron Marketing Team. The campaign kicked off with teasers, giving the community just enough information to peak their interest. As show time grew nearer, more information was disseminated via television, radio, Misawa Services Channel Community 12, banners, flyers and a radio contest.

"We held a contest on the local America Forces Network station 1575, The Edge. The first few callers received ringside seats if they agreed to place a WXW poster on their car," said Chuck Nolan, marketing director. "There were so many calls, we ended up turning people away."

The posters generated a lot of buzz, but the fun didn't stop there. The wrestlers visited children at the Sachi School Age Program, did a guest spot on The Edge morning show, signed autographs at the base exchange and ate breakfast with the troops at the Grissom Dining Facility. As thanks for boosting morale, the WXW wrestlers were treated to a VIP tour of an F-16/munitions facility. All things considered, the WXW Xtreme Wrestling event blended the best in sports entertainment and marketing.



The Headshrinkers gang-up on the Patriot during the WXW tag-team match at Misawa AB, Japan. Alofa holds down the Patriot while Samu goes for the head shot, but they are no match to The Patriot who went on to beat the Headshrinkers in the final minutes of the match.

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## FilmessaSports

### **WNEWS** VIEWS

### Boxing Legend Visits Grand Forks Air Force Base

Tara L. Carothers 319 SVS/SVK

GRAND FORKS AIR FORCE BASE, N.D. -- Five time World Champion boxer, Virgil "Quicksilver" Hill, made an appearance at Grand Forks Air Force Base on November 13.

The North Dakota native was in town to box Joey DeGrandis in the International Boxing Council World Cruiserweight Title Fight, which he won.

A boxing legend with a lightning fast left jab, he has won district, state, regional and national Golden Glove Awards, an Olympic Silver Medal in 1984 and five world championship titles in two divisions, light heavyweight and cruiserweight.

"Quicksilver" was raised in the Grand Forks area and visited the Fitness Center where he trained periodically as an amateur in the 1980's. Fans were happy to meet him and were able to get his autograph and have photos taken with him. One lucky fan won two tickets to his title fight held November 17, 2002 at the Ralph Engelstad Arena, Grand Forks, ND.



Virgil "Quicksilver" Hill in front of KC-135 at Grand Forks AFB Main Gate. (Photo by Senior Airman MonteVolk, Public Affairs)



The littlest fan, Caleb Bailey, had his photo taken with Virgil Hill. (Photo by Christine Davis, Marketing Visual Information)



A1C Kenneth L. Simon and SrA Cory Upshaw, both Food Service Specialists, had their photo taken with Virgil Hill. (Photo by Christine Davis, Marketing Visual Information)

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# Filmess&Sports

### **NEWS** VIEWS

### County Record Broken By Larry Counts, 96th Services

EGLIN AIR FORCE BASE, Fla. -- "I'd never bowled an 800 series before," stated 2nd Lt. Matthew Arvanitis, an Analyst for the 53rd Wing. "After the first game of 290, I was rolling the ball really well, and felt good and thought I could just continue to bowl good," he added.

And bowl he did. Lt. Arvanitis broke the existing Okaloosa County record of 847 by 8 pins, with games of 290, 299 and 266 during the American Intramural League on 3 December, at the Eglin Bowling Center. Lt. Arvanitis bowls for the 53rd Wing.

The week prior, Lt. Arvanitis had games of 279, 300 and 215 for a 794 series. What makes this more interesting is that he only bowls in one league a week.

Lt. Arvanitis has been bowling for about 25 years and began in Vista, California. Like a lot of kids, he began bowling between his legs and then advanced up when he joined Young American Bowling Aliance.

He also bowled for two years while at San Jose State University which was ranked No. 4 in the nation while he was there.

Last year he bowled in Ft. Walton Bowl and White Sands Bowling centers and was selected as a member of the Okaloosa County All Star Squad as one of the top five averaged bowlers in the county.

"I enjoy the sport and will continue to bowl while still in the military," Lt Arvanitis stated.



Lt. Matthew Arvanitis, 53rd Wing, bowls his way into the Okaloosa County, Florida record book, by bowling an 855 series During the American Intramural League recently. The previous record was 847.

(photo by Larry Counts)

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## FilmessaSports

### **NEWS**VIEWS

## Out of the Desert Dust... Comes RC Racing for Edwards Youth!

By 95th Services Division

Edwards Air Force Base, Calif., - J&R Raceway, the new radio-controlled racing program at the Edwards Youth Activity Center, recently held their grand opening. Now Edwards Youth can hone their skills on a racetrack designed especially for them, with a program of supervised development and fun. Youth Activity Center-owned battery powered racecars are available for kids to use, although personal vehicles are allowed, within raceway guidelines.

Kids are briefed on procedures and responsibilities and receive training in radio and car care, operation, and battery changes, as well as Turn Marshal responsibilities. After a short test and practical experience, kids receive their J&R Raceway RC Operator and Turn Marshal License.

Ron Gamble and James Mendrop, YAC staff members, created this racing program, and designed and developed the track. The project came to life with the help of the volunteer efforts of several Youth Center staff and members of the local communities.

"It started with our usual interaction with the kids and continuing to feel the pulse of their needs, but it would not have been possible without the consistent support form our office staff, supervision, and management," said Mendrop.

Other Edwards RC racing enthusiasts are welcome to use the J&R Raceway track outside of Youth Center operation hours and scheduled YAC events. Racing and training takes place most Mondays, Wednesdays, and Fridays, as scheduled activities permit.



Youth Activities Center staff members instruct children on the new radio controlled racing program at Edwards AFB.

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### Parents, Children Exercise at Wee Fitness

By Tech. Sgt Chuck Hinrichs Staff writer

Shaw Air Force Base, S.C., -- A remodeled area for parents to workout while their children play nearby opened recently at the Fitness Center.

The Wee Fitness Room is a fully equipped workout space and child's play place apart from the main cardio room and weight training area, according to 1st Lt. Jay Bolden, 20th Services Squadron Fitness Center officer in charge.

New to the Wee Fitness Room is \$15,000 worth of equipment, new carpet and wallpaper to enhance the room's appearance and a clear divider wall allowing parents to oversee the children playing.

The new equipment includes two cross-trainers and treadmills, four stationary bikes and a multi-station weight bench.

The children may play with a miniature basketball hoop, play forms, giant foam blocks and a sliding board, all in an enclosed area.

The Wee Fitness Room is much improved, according to Master Sgt. Shelly Bowens, 20th Fighter Wing command section superintendent. She said the new equipment is smooth and efficient in meeting her fitness needs while the décor is attractive for children and parents. Bowens, who uses the Wee Fitness Room on weekends and evenings, said the room accommodates infants and toddlers with the playpens provided. She also appreciates the cable-ready television and video equipment for movies.

Renee Sedlak, wife of Staff Sgt. Jeremy Sedlak, 609th Air Communications Squadron, said she wouldn't be able to work out if it weren't for the facility.

Apart from the Wee Fitness Room, bathrooms are available for children without them having to enter the locker rooms, said Bolden.

The Wee Fitness Room is open the same hours as the Fitness Center; 5 a.m. to 10 p.m. weekdays, 9 a.m. to 6 p.m. weekends.

The staff will assist with developing a workout routine to lose





Renee Sedlak works out on the crosstrainer while her daughter plays in the Wee Fitness Room.

Rylee, the 15-month-old daughter of Renee and Staff Sgt. Jeremy Sedlak, reaches for the goal at the remodeled Wee Fitness Room.

(Photos by Tech. Sgt. Chuck Hinrichs)

weight, tone up or stay in shape, said Bolden. He added the Fitness Center is there to meet Shaw's recreation and exercise needs.

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## Smart Buying at the International Hotel/Motel & Restaurant Trade Show

SAN ANTONIO, Texas -- The Air Force Nonappropriated Fund Purchasing Office (AFNAFPO) purchased \$15,409, 444 of supplies in support of the Air Force, Navy Bachelor Housing and Army lodging communities in November 2002. Due to smart purchasing, AFNAFPO was able to save \$1,184,103. This effort was primarily accomplished by consolidating requirements for all the services in order to attain not only show discounts but also volume discounts. The major participants in this endeavor were HQ US Air Force Europe, HQ Air Education and Training Command and Army lodging.

|--|

### Football Frenzy 2002

SAN ANTONIO, Texas -- Play Hard & Win is this year's Football Frenzy theme. In its eighth year, Football Frenzy gives club members the opportunity to win one of nineteen grand prize trips to Dallas for the Dallas Cowboys vs. San Francisco 49'ers game, the Super Bowl in San Diego, or Pro Bowl in Honolulu. As a bonus this year we have added a new element to Frenzy called the "Punch or Punt" card where one lucky Club Member will have a chance to win a trip to the Super Bowl in 2004.

The first drawing took place at HQ AFSVA on 4 November 02. A total of nine club members names were drawn for a trip for two to Dallas, Texas to see the Cowboys play the San Francisco 49'ers on 8 December 02. The winners were as follows:

PACAF: A1C Timothy Fitzpatrick, Kunsan AB, Korea USAFE: SSgt Stephen K. Voss, Kleine Brogel GSU, GE

AETC: TSqt Steve Brown, Keesler AFB, MS

ACC: CMSgt Robert Koltanowski, Davis Monthan AFB, AZ

AMC: Col H.D. Ericksen, Travis AFB, CA

AFMC: SSgt (Ret) Napolean Frost, Robins AFB, GA AFSPC: Sra Jason Beeney, F.E. Warren AFB, WY

Random: Lt Col (Ret) Ken Seigenthaler, Academy AFB, CO

Random: SSgt Jason Buckley, Peterson AFB, CO

While in Dallas, the winners received lunch at Arlington Stadium with a behind the scenes tour, a day at Six Flags over Texas, and a private tour of Ripley's Believe it or Not. They also enjoyed a limousine ride to the game along with tickets and sideline passes.

Football Frenzy is sponsored in part by: the Miller Brewing Co., American Airlines, Destination Arlington, Double Tree Alana Waikiki, and Battery Energy Drink.

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## From the Field

### **NEWS**VIEWS

Services Brings the Cuisine Honoring
Promotions and Troop Appreciation
By 2nd Lt. Marcella Keiter
379th AEW Public Affairs

AL UDEID AIR BASE -- AI Udeid's December promotion ceremony was held in the base theater Saturday.

The following major was promoted to lieutenant colonel: John Newberry, 44th Expeditionary Air Refueling Squadron.

The following first lieutenant was promoted to captain: Marion Jay Lee, 612th Air Operations Group.

The following technical sergeant was promoted to master sergeant: Charlene Benge, 379th Expeditionary Operations Support Squadron.

The following staff sergeants were promoted to technical sergeants: Matthew Randall, 379th Expeditionary Logistics Readiness Squadron; Brian Kummet, 379th ELRS; Charles Duke, 379th Expeditionary Aircraft Maintenance Squadron; Amelia Ward, 819th Expeditionary RED HORSE Squadron; Sean Coppinger, 379th Expeditionary Security Forces Squadron; Thomas Williams, 379th Expeditionary Services Squadron.

The following senior airmen were promoted to staff sergeants: Casey Woodsome, 379th ELRS; Guilllermo Morillo, 379th ELRS; Coy Bower, 379th ESFS; Anthony Hanson, 379th ESFS; Carmeeka Jackson, 379th ESFS; Anthony Nixon, 379th ESFS; Bobby Noland, 379th ESFS. The following airmen first class were promoted to senior airmen, Dustin Anderson, 379th ELRS; James Gilbertson, 379th ELRS; Len Salmi, 819th ERHS; Clinton Hounshell, 379th ESFS; Michael Levine, 379th ESFS; Aaron Meyer, 379th ESFS.

The following airman was promoted to airman first class: Alex Bodden, 379th Expeditionary Civil Engineering Squadron.



Volunteers serve local cuisine to Al Udeid personnel after the promotion ceremony in honor of both the promotees and the troops.

(Photos by 2nd Lt. Marcella Keiter)



A local chef prepares shwarma with pita bread and a leg of lamb for the masses of Al Udeid.

(Photos by 2nd Lt. Marcella Keiter)



The long lines didn't stop anyone from enjoying the local cuisine. Close on the heels of the Thanksgiving feast, Services arranged a sampling of local cuisine to be brought to the base.

(Photos by 2nd Lt. Marcella Keiter)

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## From the Field



### 'Doin the Deid' Holiday Style... Services' Success

Originally ran in Desert Eagle December 4, 2002



Volunteers serve fellow troops on Thanksgiving Day. Nearly 1,000 pounds of prime ribs and 80 turkeys were fried in 10 fryers filled with 120 gallons of oil. (Photos by 2nd Lt. Marcella Keiter)

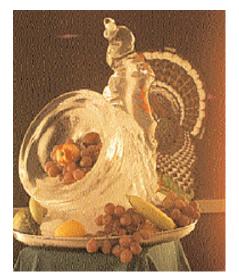


Volunteers carve turkey. (Photos by Senior Airman Amanda Cochran)



A member of the 379th Expeditionary RED HORSE Squadron volunteers carving the Thanksgiving turkey.

(Photos by 2nd Lt. Marcella Keiter)



This ice sculpture was provided through the food service contract with Damac. Senior Master Sgt. Roddy Dorsey, 379th Expeditionary Services Squadron superintendent, started planning the Thanksgiving meal in July. The food had to be ordered three months ahead of time to arrive from the states. The success of the Thanksgiving meal goes to the Services staff and the volunteers from nearly every organization on base. (Photos by Senior Airman Amanda Cochran)

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## From the Field

### **NEWS** VIEWS

Flying with the Fixins: Services Gives Flyers 1st Class Send Off for Thanksgiving

Originally ran in Desert Eagle December 4, 2002



Airman 1st Class Dan Gaiser, 44th Expeditionary Air Refueling Squadron KC-10 boom operator, Tech. Sgt. George Blackwood, 44th EARS KC-10 flight engineer and Capt. Chad Teske, 44th EARS co-pilot, load Thanksgiving Day flight meals into crew vehicle to take to flightline.

(Photos by 2nd Lt. Marcella Keiter)



Blackwood and Staff Sgt. Elizabeth Keaton, 379th Expeditionary Services Squadron food services shift leader make the hand off. (Photos by 2nd Lt. Marcella Keiter)



Airman 1st Class Dan Gaiser, 44th Expeditionary Air Refueling Squadron KC-10 boom operator, carries the Thanksgiving Day meals to the flight crew vehicle.

(Photos by 2nd Lt. Marcella Keiter)



Capt. Chris Barrett, 44th EARS KC-10 aircraft commander, Gaiser and Tech. Sgt. George Blackwood, 44th EARS KC-10 flight engineer box meals for flight. (Photos by 2nd Lt. Marcella Keiter)

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Hot Meals



The PERSCO team enjoy their first hot meal prepared by the Services squadron after assisting other personnel to help build up Zahid Air Field on Nov. 04, 2002. The 421st AEG (Air Expeditionary Group) currently assists the international humanitarian effort by providing air transport of relief supplies coordinated by aid organizations. (U.S. Air Force photo by Staff Sgt. Reynaldo Ramon)

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## Going for Two at Al Udeid



AL UDEID AIR BASE, Qatar -- Leisure time is a valuable commodity for troops deployed to AI Udeid Air Base. Basketball games are commonon base. Services Squadron provides many of the same opportunities that service members have at there home stations. (U.S. Air Force photo by Tech Sgt Jack Braden)

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## **NEWS**VIEWS

## One Man's Leadership Perspective

By Lt. Col. Eric J. Wilbur 379th Expeditionary Civil Engineer Squadron Commander

AL UDEID AIR BASE -- When you're away from home, it's sometimes easier to reflect. My first two weeks at Al Udeid have reinforced several lessons for me:

Leadership is more than a position. It's about setting the example, taking care of the troops at the expense of your own self interests and having the energy and fortitude to move forward despite the obstacles. Effective leadership starts with a positive attitude, relies on effective communication, and ends with a commitment to taking care of the troops.

Attitude is a force builder. People are drawn to a positive attitude and outlook on life. They respect someone who in the face of adversity maintains a positive outlook. A positive attitude will build a team that is capable of overcoming any obstacles.

Even in this information age, the single greatest challenge in an organization is communication. We have plenty of technology, but much of the information at our fingertips can be inaccurate.

irrelevant and/or misleading. Leaders must provide honest and timely communication and have the capability to discern the wheat from the chaff. Effective communication requires integrity, time and effort.

Taking care of the troops doesn't mean pampering them. We all take combat showers so there's enough water for everyone. Policies that inconvenience individuals are meant to ensure a clean, healthy and safe environment for everyone.

Volunteers are needed in the field. We're all here because we volunteered to serve. Take it a step further. There are many opportunities to volunteer and make our community better and improve mission performance. Volunteers working with the civil engineers, chapel, services and other organizations are committed to taking care of you at the expense of their own time/comfort. I salute our volunteers and recommend you volunteer today, you won't regret it.

**Deployments don't have to be painful.** I've never deployed to a location that offered so many opportunities for entertainment, and the food at the Dining Facility is the best I've had in the field. With the exception of the tents we live in, I'm not sure



Lt. Col. Eric J. Wilbur

this is really field conditions. Next time you see a Services troop, give them a pat on the back.

What lessons are you learning at Al Udeid? I recommend you periodically reflect on the successes and failures you have here both organizationally and personally. Reflection is a powerful tool that allows us to see where we have been, where we are and where we are going. I hope you achieve your goals and this

deployment is a rewarding experience for you and those around you.

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## **WNEWS** VIEWS

## Activities May Help Prevent Holiday Blues

Capt. (Dr) Tim Sheahan 379th Expeditionary Medical Group

AL UDEID AIR BASE -- For many, the holiday season can be a difficult period. We expect to be happy during this time, and if we're not, the season can just make us feel even worse. It can get to be an ugly spiral.

Even though a holiday here may not equal one with your family, it can still be good one. The kind of holiday you have at Al Udeid is largely up to you. While many of us may wish to be home, you can't control that. Instead of wishing, take control over what you can this holiday season. Here are some suggestions to help:

**Communicate with home!** Use all morale calls. E-mail/write frequently. Send/ask for letters, pictures, presents, videos—anything to feel closer to the ones you love. This will keep you feeling connected to them.

**Socialize!** Don't become a tent rat with only your thoughts to keep you company.

**Take care of yourself physically.** If you don't, physical energy will start to slide, and emotional energy will follow. Eat sensibly. Make sure you get enough rest and exercise. Exercise decreases stress and elevates your mood when done even for a little while.

**Keep your traditions.** If you sing carols every Christmas with friends, finda way to do that here. If a "secret Santa" is a family tradition, find friends here to do that with. You may have to be creative, but it could be fun.

Keep up with activities that give you support/fulfillment. If you get support from your church back home, get to know the chaplains. If you like to read, write, draw, or go to the pool, do that here. Doing things you enjoy will ward off the blues.

Finally, if you or someone you know needs to talk with someone, take advantage of the base resources. We're in this desert together, and have to watch out for each other. Buddy care is imperative. Visit the Serenity Tent or call 471-2795 for numerous programs or opportunities to talk. The chaplains are also readily available.

These are only a few suggestions. You're the authority on what makes you feel better. Make a plan to keep your mood up, get



The cardio tent offers a variety of tread mills and stationary bikes for those who desire physical fitness. (Photo by Capt. Don Langley)

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## NEWS VIEWS

## Services Keep Troops Entertained Downrange

By Airman Nicole Spence 86th Airlift Wing Public Affairs

OPERATION ENDURING FREEDOM (USAFENS) – They're the first ones to cook, the last ones to eat. They start the party and clean up the mess at the end. They provide a gym in the middle of nowhere, billeting to keep everyone warm and 18 airman from Ramstein Air Base, Germany, just arrived to help out.

Who are they? They're the 376th Expeditionary Services Squadron at Ganci Air Base, Kyrgyz Republic, which borders southeastern China. They support Operation Enduring Freedom and the global war on terrorism by providing combat air support and airlift for forces in Afghanistan as well as aerial refueling of coalition aircraft.

In this December cold, services provide the necessities for the deployed. These people may be without family during the holiday season, but services members work hard to bring them comfort and holiday cheer through it all.

"We try to organize parties and contests for everyone to enjoy. There's bingo night, Latino night or nights where people can relax, hang out, eat food, listen to music or shoot pool," said deployed Ramstein Staff Sgt. Lakeisha El Hallaoui services marketing director here.

These things can be a big deal to people living in tents, far away from home. With current force protection levels, members are restricted to the base and dependent on services to bring them comfort, activities and stress relief from long, hard hours of work, said El Hallaoui.

"Our job is essential for morale. If service members are smiling and in good spirits, the mission is getting accomplished. Happy people work harder," she said.

Although, after a hard workday, most know more than just games and a good time are needed for recovery. Hot food does the trick. The land is cold, often in the single digits or less and the warmth of food can remove any chill from the bones.

Services provide this too, and in this environment realizing the impact of their job comes naturally.



Airmen, deployed to Ganci Air Base, Kyrgyz Republic, play a game of bingo during one of the activities provided each night by the 376th Expeditionary Services Squadron. The squadron provides not only bingo as well as many other quality of life programs, which enhance deployed members lives here. With current force protection levels, members are restricted to the base and dependent on services to bring them comfort, activities and stress relief from long, hard hours of work. (Photo by Senior Airman Ashley Center)



Senior Airman Sharon Poinsette and other airmen, deployed to the 376th Air Expeditionary Wing, Ganci Air Base, Kyrgyz Republic, play a game of win, lose or draw during one of the activities provided each night. The 376th Expeditionary Services Squadron provides not only games as well as many other quality of life programs, which enhance deployed members lives here. With current force protection levels, members are restricted to the base and dependent on services to bring them comfort, activities and stress relief from long, hard hours of work. (Photo by Senior Airman Ashley Center)

"This is the first time I've had the opportunity to work with food services. I like it since so many people are benefited ... everyone gets hungry," said Airman 1st Class Alex Hart, 376th ESVS specialist. He works at the Northside Fitness Center back at Ramstein.

Food is not only provided during the day. There is a midnight chow for all nightshift workers as well, but these meals are only one set of the changes faced.

"We may have only a few hours notice to prepare food for up to 200 people, but we're efficient together and even hang out after work," said Airman 1st Class Neil Palmer, food service technician.

Along with the challenges come the esteems of services life, which are often unspoken. Without a word, people are expressing how they feel.

"I haven't heard a single complaint and I feel completely appreciated," said El Hallaoui.

Without them, deployed service members wouldn't stand a chance. They are the heart of the mission knowing, "people here count on us for food, lodging, exercise and entertainment," said Hart.

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## Messages from Home Decorate Base Facilities

Originally ran in Desert Eagle December 25, 2002



Senior Airman Jason Andrews and Airman 1st Class Jamesca Batiste, 379th Expeditionary Services Squadron hang up a banner of season's greetings in the Recreation Center. The banner, which stretched more than 400 feet was donated by Shirley and H. George Jackson of Denton, Mo. (Photo by Capt. Don Langley)



Staff Sgt. Cheryl Evans, 379th Expeditionary Services Squadron, collects items during Sunday's Christmas Scavenger Hunt. (Photo by Staff Sgt. David Donovan)



Staff Sgt. Roger Ruble and Airman 1st Class Jason Taylor, 379th Expeditionary Communications Squadron play foosball at the Rock Island Club. A Blondie greeting card from the White House Commission on Remembrance is displayed behind them. (Photo by Staff Sgt. Dawn M. Harris)



Staff Sgt. Olga Medina, PERSCO, collects 20 cigarette butts for the scavenger hunt. (Photo by Staff Sgt. David Donovan)

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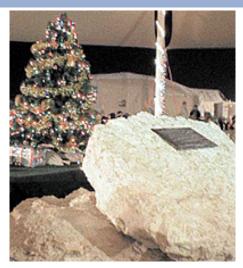
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### Christmas Spirit Contagious, Spreads Through Camp Andy

Originally ran in Desert Eagle December 25, 2002



The base Christmas tree adorns Camp Andy's wagon wheel. (Photo by 2nd Lt. Marcella Keiter)



Staff Sgt. Chuck Branum and Staff Sgt. Theodore F. Spiess, both 379th Expeditionary Communications Squadron, mix up the Christmas jams at the wagon wheel on Christmas Eve. (Photo by Staff Sgt. Dawn M. Harris)



1st Lt. Matt Van Hook, 340th Expeditionary Air Refueling Squadron, and Willy Merril, 612th Air Operations Group, play guitar for the Christmas Eve service. (Photo by Staff Sgt. Dawn M. Harris)



Col. Tim Scott, 379th Air Expeditionary Wing commander and Airman Jennifer Price, 379th Expeditionary Services Squadron, light the base tree Thursday.

(Photo by Staff Sgt. Dawn M. Harris)



Members of the Praise and Worship Team sing Christmas carols prior to the 7:30 p.m. Christmas Eve service. (Photo by Staff Sgt. Dawn M. Harris)

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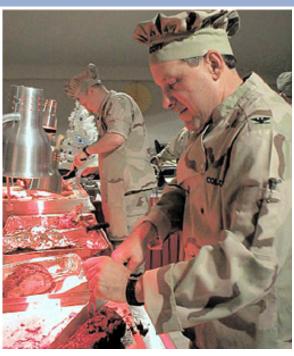


### Volunteers, Services Serve up Special Christmas Meal to Troops

Originally ran in Desert Eagle January 1, 2003



Senior Master Sgt. Matthew Malenic, the "Grillmaster," 379th Expeditionary Logistics Readiness Squadron, prepares 65-70 prime rib roasts on Christmas Day. (Photo by Master Sgt. John E. Lasky)



Col. Tim Scott, 379th Air Expeditionary Wing commander, cuts into a prime rib roast Christmas Day. More than 140 volunteers made the Christmas meals possible.

(Photo by 2nd Lt. Marcella Keiter)



Some of the lines may have been long, but there was enough food for everyone.

(Photo by 2nd Lt. Marcella Keiter)



Trays of chocolates and desserts were arranged throughout the dining facilities.
(Photo by Staff Sgt. Dawn M. Harris)

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## **WNEWS** VIEWS

### Mmmm, mmm: Holiday Feast Tantalizes Tastebuds

Originally ran in Desert Eagle January 1, 2003



Airman 1st Class Francis San Luis and Airman Donald Wilburn, both 379th Expeditionary Security Forces Squadron, assist Airman 1st Class Ma. Adelaida Chavez, 379th Expeditionary Services Squadron, with cutting pies. (Photo by Master Sgt. Keith Reed)



Master Sgt. Rich Sarno, 340th Expeditionary Air Refueling Squadron, watches as Senior Airman Melvin Baldwin, 612th Air Operations Group, pulls a turkey from one of 10 fryers. (Photo by Master Sgt. Keith Reed)



Chaplain (Maj.) Frank Hamilton, 379th Air Expeditionary Wing, slices some fried turkey. (Photo by Staff Sgt. Dawn M. Harris)



Senior Airman Fellicia Myers, 379th Expeditionary Services Squadron, chops lettuce prior to the Christmas lunchtime meal. (Photo by Staff Sgt. Dawn M. Harris)



Capt. Charlie Love, 379th Air Expeditionary Wing, serves sweet potatoes during the Christmas dinner. (Photo by 2nd Lt. Marcella Keiter)

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## Smart Buying at the International Hotel/Motel & Restaurant Trade Show

SAN ANTONIO, Texas -- The Air Force Nonappropriated Fund Purchasing Office (AFNAFPO) purchased \$15,409, 444 of supplies in support of the Air Force, Navy Bachelor Housing and Army lodging communities in November 2002. Due to smart purchasing, AFNAFPO was able to save \$1,184,103. This effort was primarily accomplished by consolidating requirements for all the services in order to attain not only show discounts but also volume discounts. The major participants in this endeavor were HQ US Air Force Europe, HQ Air Education and Training Command and Army lodging.

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### Football Frenzy 2002

SAN ANTONIO, Texas -- Play Hard & Win is this year's Football Frenzy theme. In its eighth year, Football Frenzy gives club members the opportunity to win one of nineteen grand prize trips to Dallas for the Dallas Cowboys vs. San Francisco 49'ers game, the Super Bowl in San Diego, or Pro Bowl in Honolulu. As a bonus this year we have added a new element to Frenzy called the "Punch or Punt" card where one lucky Club Member will have a chance to win a trip to the Super Bowl in 2004.

The first drawing took place at HQ AFSVA on 4 November 02. A total of nine club members names were drawn for a trip for two to Dallas, Texas to see the Cowboys play the San Francisco 49'ers on 8 December 02. The winners were as follows:

PACAF: A1C Timothy Fitzpatrick, Kunsan AB, Korea USAFE: SSgt Stephen K. Voss, Kleine Brogel GSU, GE

AETC: TSgt Steve Brown, Keesler AFB, MS

ACC: CMSgt Robert Koltanowski, Davis Monthan AFB, AZ

AMC: Col H.D. Ericksen, Travis AFB, CA

AFMC: SSgt (Ret) Napolean Frost, Robins AFB, GA AFSPC: Sra Jason Beeney, F.E. Warren AFB, WY

Random: Lt Col (Ret) Ken Seigenthaler, Academy AFB, CO

Random: SSgt Jason Buckley, Peterson AFB, CO

While in Dallas, the winners received lunch at Arlington Stadium with a behind the scenes tour, a day at Six Flags over Texas, and a private tour of Ripley's Believe it or Not. They also enjoyed a limousine ride to the game along with tickets and sideline passes.

Football Frenzy is sponsored in part by: the Miller Brewing Co., American Airlines, Destination Arlington, Double Tree Alana Waikiki, and Battery Energy Drink.

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